LONGMAN'S HERBAL DOCTOR

SIMPLE REMEDIES IN NATURE'S WAY

FIRST EDITION PRICE TWOPENCE

HEALTH FROM NATURE

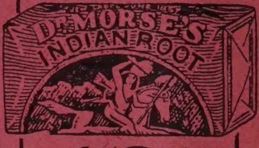
HERBS FOR ALL AILMENTS AND DOMESTIC USES

PUBLISHED BY THE PROPRIETORS
THE HOUSE OF LONGMAN'S
F. CAVENDISH LONGMAN Ltd.
THIRTY-SEVEN CURSITOR STREET,
CHANCERY LANE, LONDON, E.C.4

Dr. Morse's
INDIAN ROOT PILLS

READ THIS

IN THE FAMOUS
BLUE WRAPPER



Per 1/3 Bottle

BRIGHTON.
"With deep gratitude I am writing to express my thanks for all the relief DR. MORSE'S INDIAN ROOT PILLS have given me. For years I suffered with chronic bowel trouble and slight neurasthenia, which all other medicines failed to relieve. I now get what I have not had for 15 years—which is healthy sleep. I am a totally different woman altogether."

PENGE.
"I want to express my gratitude for DR. MORSE'S INDIAN ROOT PILLS. I have suffered for many years from constipation and have tried all kinds of remedies. Recently, however, a friend recommended Dr. Morse's pills, and was so insistent that I could be relieved that I obtained a bottle. . . . . Since taking them I have not felt so well for years. Headaches and depression are things of the past."

TEDDINGTON.
"I feel I must write and tell you what a marvellous cure I had. I was taken quite suddenly with Rheumatism and after taking only two bottles of your wonderful pills I was cured. I tell all I come into contact with about it and yet there are so many who suffer so. I only wish they knew like I do."

PRESTON.
"My wife suffered from Neuritis for years, and she now states she has derived more relief from DR. MORSE'S INDIAN ROOT PILLS than anything she has ever tried; **and she has tried nearly everything.** For myself I find the pills fine as a corrective, and recommend them to all who are troubled with kidney and bladder trouble."

LONDON, N.13.
"Appreciation of such an article as a pill by the user is, I should think, rare. However, I would like to mention that, having used DR. MORSE'S INDIAN ROOT PILLS, and recommended them to a number of people, who, like myself, have found them to be extraordinarily effective in toning up the system, I consider their merits should be much more widely known."

STOP
that *Minor*
Complaint
Now——
it will lead
to trouble.

Today say to your chemist—

DR. MORSE'S INDIAN ROOT PILLS

And Accept No Substitute

22501894304

mo-PAM
WB 925
1937

LONGMAN'S
HERBAL DOCTOR
SIMPLE REMEDIES IN NATURE'S WAY

Copyright Price Twopence First Edition

[ca. 1937]

INTRODUCTION

HERBAL remedies are "as old as the hills." The Bible teems with references to the herbs of the field and hedgerow, and for hundreds of years before the Christian era the Greek philosophers sought their cures for human ills in the vegetable kingdom. Indeed, it was not till comparatively recent years that scientists began to discover medicines and drugs which were drawn from mineral sources.

The argument for Herbalism is perfectly sound. Health largely depends on what we put into our bodies in the way of food. A pure blood stream is a prime necessity, and it is only reasonable to assume that Nature has provided, in her numerous varieties of plant life, not only the food of man, but also the medicines to correct the diseases that arise from his ignorance or carelessness. Consider, again, the case of our forefathers. Britain in the Middle Ages was a pastoral country. True, there were the monasteries where priests practised the healing art, but among the masses and in the absence of regular health practitioners a knowledge of curative herbs and "simples" was collected by "old wives" and handed down from generation to generation.

The virtues of the common herbs had to be proved by experience, and it is remarkable to find the modern chemist confirming, by scientific analysis, the wisdom which was preached by the ancient housewife. She, good soul, knew that certain concoctions would throw her patient into a perspiration or induce a salutary purge. She was aware that oils and lotions, and even wines and cordials, could be extracted from the flowering plants and bushes of the garden. She knew that her herbs came fresh from the bosom of Mother Earth, and the picturesque names she gave them are redolent of the folk-lore that once was current gossip of the countryside.

Disguise the old herbal remedies as you will with Latin labels and in chemical formulas, they remain, nevertheless, the base of the British pharmacopœia, and the modern cry of "Back to Nature" has revived the belief that in the simplicity of Herbalism we have the means of preserving health and happiness.

In this little book we can do no more than enumerate some of the ills that flesh is heir to, with an indication of the herbal remedies which are usually prescribed in such cases. Many reliable firms supply the herbs and remedies required, and, at the same time, they give advice as regards the preparation and application of the medicine.

We have added several recipes, hints and paragraphs of useful information which, we trust, will awaken a greater interest in the claim that Herbalism is Nature's way to vigorous health.

THE EDITOR.

Wellcome Library

LONGMAN'S
HERBAL DOCTOR

Copyright — Price Twopence — First Edition

• PRINCIPAL CONTENTS •

Page

Introduction 1
The Popular Revival of Herbalism 3
Remedial Herbs and Their Uses 4
A Short Dictionary in Herbal Therapy 15
The Value of Salads 19
Sweet Herbs and Potherbs 23
Honey—The Sunshine Food 27
The Herbal Cure for Constipation 28
Herbal Condiments, Sauces and Pickles 31
Pioneers of British Herbalism 35
The Healing Power of Perfumes 39
The Herbal Way to Slimming 40
Herbal Treatment of the Hair 43
Herbal Beverages and Fruit Juices 44
Herbal Smoking Mixture and Snuff 47
Herbs for the Housewife 48
Poisonous Herbs and Berries 51
Curious Fables About Herbs 52
The Language of Flowers 55
Beneficial Thistles 56
Herbs for our Canine Friends 59
Two Delicious Wines 60

Published by the Proprietors:

'Phone:
HOLborn
9661-3085

F. CAVENDISH-LONGMAN, LTD.
37, CURSITOR STREET, CHANCERY LANE
LONDON, E.C.4

Telegrams:
Uprising, Fleet,
London

FOR OVER 30 YEARS
RANDS FAMOUS ANISKA brand PILLS

RHEUMATISM!
If you are a sufferer read this — every word of it.

have brought immediate relief to countless thousands of sufferers from **RHEUMATISM, NEURITIS, LUMBAGO** and kindred ailments. The amazing success of the "Aniska" treatment is due entirely to its proven worth and the sincere recommendation of grateful sufferers. All who suffer from excess of Uric Acid and the distressing complaints arising therefrom owe it to themselves to give a trial to this wonderful remedy **without delay.** "Aniska" acts promptly, effectively and with certainty. ***Get a box to-day.***

FREE Trial Sample and proved unsolicited testimonials for 3d. stamp to cover post and packing.

Obtainable from all principal Chemists per Box 1/3 and 5/- (treble quantity) or forward P.O to-day to the proprietors:—

ANISKA 230, Vauxhall Bridge Road, London, S.W.1.
PREPARATIONS (RAND'S), LTD.,

The Popular Revival of Herbalism

What the Ancient Cult owes to Modern Scientific Study

IF any proof were wanted of the increased interest the public is taking in Herbalism, it could be found in the fact that the Ministry of Agriculture has thought it worth while to issue, through H.M. Stationery Office, an attractive booklet (No. 76) entitled "Herbs."

In England the herbalist may boast that his cult is at least twelve hundred years old, for we know that medicinal herbs were cultivated in the time of the Venerable Bede, between the years 670 and 735.

Gerard and Culpeper, pioneers of the modern science, were preaching natural healing by herbal treatment when the "apothecaries" and "barber-surgeons" were pinning their faith to leeches and "cupping"; and a charter of incorporation was granted to a body of herbalists centuries before there was a British Medical Association.

In Tudor days the "herb garden" was a common feature of the country gentleman's demesne, and household remedies in that same unsophisticated era were prepared in the "still" room.

To-day (we learn from an official of the Ministry of Agriculture) "the acreage devoted to culinary herbs in England is probably as great as it has ever been, although naturally smaller in proportion to the population than was the case formerly." Fields planted with medicinal herbs, as well as herbs grown for their perfume, are listed in the Ministry's statistics, and it is worthy of note that henbane, valerian, tarragon, thyme, peppermint, sage, lavender and liquorice are among the crops which produce a profit. Indeed, the makers of the celebrated Pontefract cakes still have twenty-five acres under liquorice. Many herbs now imported might be raised on English soil, and the growing popularity of herbalism will doubtless attract the attention of agriculturists who are seeking new industries for the land.

Quite apart from the question of *production*, the movement towards herbalism is fortunate in the fact that it is now represented by a large number of eminent firms who have made a scientific study of the subject, with the result that herbal remedies are now produced in well-organised laboratories under the supervision of skilled and highly-qualified chemists and analysts.

• • •

Herbalists are Protected by Statute

ON summing up a case tried in the King's Bench Division as lately as January, 1937, Mr. Justice Atkinson made this important pronouncement: "We know that the medical profession likes to think it is the sole repository of knowledge connected with the art of healing, but I don't know that everybody agrees with that, and, in fact, there cannot be much doubt but that there are other practitioners who are rendering considerable public service.

Now herbalists are recognised legally. In the time of Henry VIII. a statute was passed recognising that all people with knowledge and experience of herbs should be permitted to practice. That statute has never been repealed.

"Naturopathy," the judge said, "seemed to be a combination of herbalism with certain treatment described as nature-treatment, and there were associations which, by examination, sought to achieve a standard of skill among the persons who practised nature cure.

"I suppose," the judge continued, "that everybody will admit that we owe the present-day benefits of fasting to the teaching of naturopaths. Therefore it does not do to disparage these unorthodox practitioners—or to jeer at them or to pour contempt on them." (*Sones v. Foster.*)

Remedial Herbs, Roots and Barks

THE following list of remedial herbs, roots, and barks, affords some idea of the patient labour and research of many generations of Herbalists who have collected and tested a mass of information for the benefit of ailing humanity. The sufferer may look through this list, and having determined whether a Herbal treatment is possible, it will remain for him, or her, to put the case before a reputable practitioner with a view to obtaining a trustworthy diagnosis and a suitable prescription. Herbs are used in combination, and it is not to be expected that the "layman" will be able to choose and blend his medicinal ingredients without the advice of experts who have given their lives to the study of curative plants.

If there is no local herbalist available, there are practitioners and firms of national standing who can be consulted through the post with the utmost confidence, and one of the objects of *Longman's Herbal Doctor* is to place at the disposal of its readers, through the advertisement pages, the names of accredited Herbalists who invite inquiries, and of Herbal commodities which have won a secure place in the public's confidence.

Herbs and Their Uses

AGRIMONY.—Mild astringent, diuretic and tonic. Useful for coughs, diarrhœa, relaxed bowels, kidney and liver complaints. Also for biliousness and purifying the blood. Can be taken in conjunction with raspberry leaves for infantile diarrhœa, thrush and sore mouths. Boiled in milk, it is good for bladder weakness.

ANGELICA.—Stimulant, carminative, diaphoretic and aromatic. For coughs, colds, pleurisy, wind, colic, gout, rheumatics and urinary troubles. An infusion will set up perspiration.

ANISEED may be given for convulsions. Effective in pectoral complaints.

ARRAH.—Useful in flatulence, colic and stomach weakness; of great value in female disorders.

AVENS.—Excellent in weakness and debility. Employed with beneficent results in diarrhœa, leucorrhœa, hæmorrhage and as a tonic. Avens, agrimony and burnet, in equal quantities can be used as a substitute for tea, and the same mixture is suitable for liver complaints, nervous disorders and dyspepsia.

BALM.—Stimulant, diaphoretic and carminative. Good for wind, feverish colds and nervous headaches. More advantageous if taken warm.

BALMONY.—For jaundice, liver, biliousness, constipation and congestion of the bowels. Is used with tormentil root for colitis.

BALM OF GILEAD.—For pulmonary complaints, and stomach and kidneys.

BARBERRY BARK.—Excellent in liver complaints, biliousness, jaundice, indigestion, costiveness and headaches arising from such disorders. Often taken in conjunction with centaury, agrimony and dandelion.

BAYBERRY BARK.—Strong stimulant and astringent. Included in herbal prescriptions for dysentery, jaundice, indigestion, diarrhœa and stomach weakness. The powdered bark mixed with an equal quantity of powdered bistort is used for cleansing the teeth and gums.

BLADDER-WRACK.—Can be employed with safety for obesity.

BLOOD ROOT.—Used in powdered form for dressing wounds and as a snuff for polypus.

BLUE FLAG ROOT.—For rheumatism, skin diseases, dropsy and urinary irregularities.

BOGBEAN.—Given for scurvy and scrofula; also for gout, rheumatism and dropsy. Efficacious in diseases of the liver.

BROOM.—Combined with other diuretics (pelitory, juniper berries and parsley piert) is recommended for dropsy.

BRYONY ROOT.—The fresh root will remove blackness and discolouration caused by bruises.

INNERCLEAN

THE SAFE AND SURE HERB LAXATIVE

NOT A DRUG BUT NATURE'S WAY

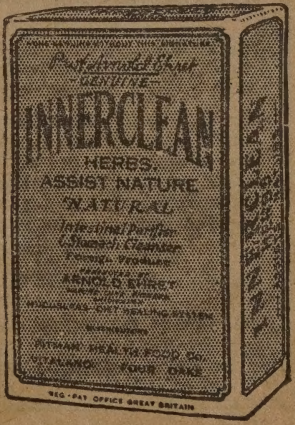
ENSURES FITNESS DAY BY DAY

HERBAL INTERNAL CLEANSING

is based on modern Nature-Cure principles. Originated by Prof. Arnold Ehret, the well-known pioneer of Mucusless Dietary. See his name on every packet and refuse any substitute.

Take it just as it is, a little dry, straight from the packet, with a drink of water to wash it down. You'll like Innerclean. Health specialists advise it for children, the elderly and the invalid. Long suffering, obstinate cases are relieved gently, easily and completely. The dose may be gradually lessened as Innerclean is not habit forming. Healthy morning movement will continue. No strain. Highly recommended.

THE BEST BEAUTY TREATMENT


Prof. Arnold Ehret
GENUINE
INNERCLEAN
HERBS.
ASSIST NATURE
NATURAL
Intestinal Purifier
& Stomach Cleanser
ARNOLD EHRET
PITMAN HEALTH FOOD Co.
VITALAND FOUR OAKS
REG. PAT OFFICE GREAT BRITAIN
INNERCLEAN

FROM ALL HEALTH FOOD STORES

Per **2/6** Packet

Post Free

2/8 3 for 7/6

Jumbo **4/6** Pkts

Post Free

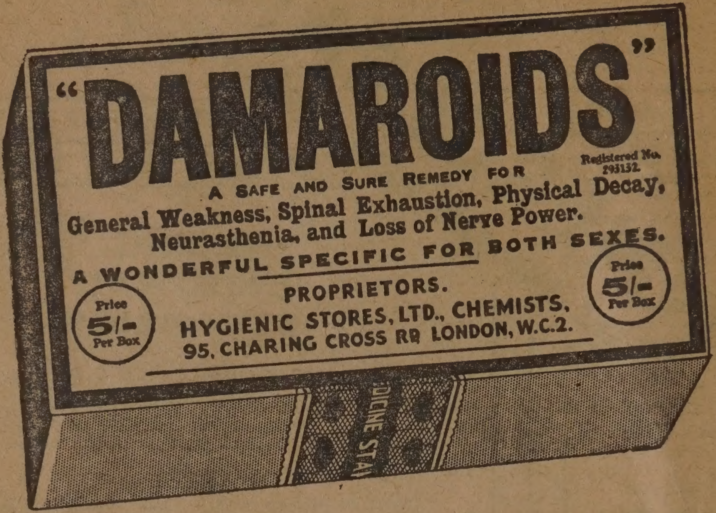
4/9 2 for 9/-

AND NUMEROUS HERBALISTS

FOR FREE SAMPLE

Send 2d. to cover postage of Trial Packet, with useful dietetic advice, to "PITMAN" HEALTH FOOD CO., 76, Vitaland, Four Oaks. This will convince you of the really natural benefit Innerclean can be to your health. After sampling you will never go back to any other laxative.

The Great British Rejuvenator


"DAMAROIDS"
Registered No. 293132.
A SAFE AND SURE REMEDY FOR
General Weakness, Spinal Exhaustion, Physical Decay, Neurasthenia, and Loss of Nerve Power.
A WONDERFUL SPECIFIC FOR BOTH SEXES.
Price 5/- Per Box
PROPRIETORS.
HYGIENIC STORES, LTD., CHEMISTS.
95, CHARING CROSS RD LONDON, W.C.2.
Price 5/- Per Box
DICINE STA

"Damaroids" are a safe and sure remedy for GENERAL WEAKNESS, SPINAL EXHAUSTION, PHYSICAL DECAY and LOSS OF NERVE POWER. They are a Unique and Wonderful Specific for both Men and Women. Effectively Restore Lost Vitality and Stamina, counteract results of late hours, excesses, etc.

NEW LIFE FOR A FEW SHILLINGS.

The cost of this wonderful life-renewing treatment is insignificant. "Damaroids" are sold in boxes at 3/-. Double Strength 5/-, or the Special Extra Strong, which take effect in a few minutes, 12/-. Extra Special Concentrated 24/- post free.

Important Warning.

Numerous and, in many cases, harmful substitutes are frequently offered to the public in substitution of "Damaroids." Ask for them by name and be sure you get them. Scorn all worthless substitutes.

Dr. O. MANN says: "'Damaroids' will strengthen and tone up the organs, both male and female, when all other remedies have failed—a safe, certain and speedy cure for all varieties of physical weakness of the organs of sexes, whether constitutional or acquired—if there is anything in the line of medicine that will make an old person, either male or female, young, it is 'Damaroids. (See page 45 in the 'Husband and Wife's Handbook.'")

THE HYGIENIC STORES, LTD. (Dept. A.4),
95, CHARING CROSS ROAD, LONDON, W.C.2.

Branches:
24, EDGWARE ROAD, MARBLE ARCH, LONDON, W.1; 2, PICCADILLY CIRCUS, LONDON, W.1.

CITY AGENTS: 78, FENCHURCH STREET, LONDON, E.C.3.

BUCHU LEAVES.—Stimulate the urinary system. Prescribed in gravel, dropsy and bladder complaints.

BURDOCK.—Leaves, root and seeds hold a foremost place in the British Pharmacœpia. The root is principally used in medicine and the leaves in medicated baths for skin diseases. Burdock tea is highly esteemed in cases of dropsy, gravel and rheumatism, while the seed is a diuretic, nervine, tonic and alternative.

CALUMBA ROOT.—For dyspepsia and weakness of the digestive organs. A usual ingredient in prescriptions for pulmonary consumption.

CAMOMILE.—Given for dyspepsia and stomach weakness (as a cold infusion). Good poultice with poppy heads. Also tonic and nervine.

CARROT (WILD).—A valuable herb for urinary disorders, dropsy and gravel.

CASCARA.—A speedy and safe laxative, largely used in persistent constipation. Useful for rheumatism (in combination with sassafras, burdock, yellow dock and echinacea).

CATMINT.—Used with peppermint and elderflower to induce perspiration. Efficacious in colds and nervous complaints.

CAYENNE (CAPSICUM).—The most powerful stimulant known to herbalists Given for cramp, colic, stomach pains and costiveness. Also for colds and catarrhal affections, lung diseases and for raising the temperature. Used as a stimulating liniment for external application.

CELANDINE.—Beneficial in jaundice; also in eczema and other skin diseases.

CELERY SEED.—Recognised as a useful medicine for kidney complaints and rheumatism.

CENTAURY.—For jaundice and liver disorders. An infusion of centaury, dandelion and barbery in equal parts excellent for such complaints.

CLIVERS.—Acts on the urinary organs. A blood purifier and employed in dropsy with success.

CLOVER.—With violet leaves, is said to be useful in treatment of cancer.

COHOSH ROOT (BLACK).—For rheumatism, whooping-cough, irregular menstruation and dropsical symptoms.

COLTSFOOT.—Old-time remedy for coughs, colds and diseases of the chest and lungs. An ingredient in several "patent" medicines for asthma and catarrh.

COMFREY.—For lung and chest troubles and tuberculosis, so far as the *root* is concerned, whilst the leaves are used as a poultice for wounds, ulcers, sprains and swellings.

CRANESBILL.—Tones up the stomach in diabetes, diarrhœa, dysentery and leuchorrhœa, and valuable for allaying internal bleeding. Also employed in sore throats, quinsy and ulceration of the mouth and gums.

DAMIANA.—A powerful tonic; prescribed for strengthening the sexual secretions.

DANDELION.—Effective in dropsy, jaundice and liver complaints. (See article on "Salads," page 19, and "Herbal Beverages," page 44).

ELDER FLOWERS.—A splendid specific for influenza. Take with infusion of peppermint to induce perspiration.

EYEBRIGHT.—For weak eyes and ophthalmia, as the name suggests.

FEVERFEW.—Utilised in female complaints and hysteria.

FIGWORT.—Sometimes called the "Scrofula plant," because it is used with success for skin diseases. Valuable also for ulcers and abscesses both as a poultice and a medicine for internal application.

FLUELLIN.—For skin diseases, jaundice and liver complaints.

FRINGETREE ROOT BARK.—Nervine and tonic Excellent for jaundice and kidney troubles. (The fringe tree, found in the southern states of the U.S.A has snow-white flowers, which hang down like a fringe.)

GENTIAN ROOT.—Good for indigestion, debility and lack of appetite. A satisfactory tonic.

GINGER.—Useful in debility, colic and flatulence. Take warm infusion of powdered ginger in such cases For diarrhœa take the infusion *cold*.

GOLDEN ROD.—For the stomach and for inducing perspiration.

GOLDEN SEAL (ROOT).—Applicable in liver complaints, biliousness, sick headaches and constipation.

GRAVEL ROOT.—For urinary disorders—especially gravel and stone.

GROUND IVY.—Can be usefully employed for coughs, chest affections and urinary complaints. An infusion of ground ivy makes an excellent wash for weak eyes.

GROUND PINE.—Used in rheumatism and gout; also in kidney complaints and female disorders.

GUAIACUM. — For gout, rheumatism and bad blood stream.

HEARTSTONGUE. — A remedy for kidney and bladder and for curing obstructions of the spleen and liver.

HOLY THISTLE.—Tonic and stimulant. Promotes the lacteal flow in nursing mothers. Taken as a warm infusion.

HOPS.—A soporific for sleeplessness; also for nerves, delirium, inflammation, jaundice, indigestion and liver and stomach troubles. (See Hop Pillows, page 39).

HOREHOUND.—For sore throat, hoarseness, colds, coughs, asthma and chest complaints. Horehound and honey have long been used as a remedy for coughs and colds.

HYSSOP. — Has much the same properties as horehound. A weak concoction may be taken freely in fevers, measles and other infantile complaints. (Hyssop is mentioned in the Bible as a plant used for purification, but whether the ancient and modern hyssops are identical is doubtful.)

ICELAND MOSS.—Improves the appetite and digestion and relieves chronic catarrh and bronchitis.

IRISH MOSS.—Employed in chest and bronchial affections; also in allaying irritation of the bladder and kidneys. Both Irish moss and Iceland moss possess nutritive value.

LADY'S MANTLE.—For menstrual irregularities and flooding.

KIDNEY WORT.—A mild astringent for kidney complaints, fevers and lung troubles,

LADIES' SLIPPER.—Mitigates pain, induces sleep, soothes headaches, neuralgia and female disorders. Can be advantageously combined with other tonics.

LAVENDER FLOWERS. — Tonic; and useful for flatulence.

LILY OF THE VALLEY.—For the heart and dropsical conditions.

LOBELIA.—An emetic. In bronchial and pulmonary complaints its action is particularly beneficial. Also of proved value for croup, whooping-cough and asthma.

LOOSE STRIFE.—For bleeding wounds; also as a gargle for relaxed throat.

LUNGWORT.—As name implies, for coughs, lung complaints and asthma. Allays and heals inflammation.

MALE FERN ROOT.—Expels tape-worm. Strong purgative in conjunction with castor oil.

MANDRAKE.—A powerful medicine, to be handled with care. Prescribed for chronic biliousness, dyspepsia, scrofula, dropsy and rheumatism.

MARJORAM.—A warm infusion, produces perspiration. Promotes menstrual flow when obstructed by cold.

MARSHMALLOW (LEAVES).—Excellent as fomentation for inflammations, boils and abscesses. The leaves are also efficacious in bronchitis and whooping-cough.

MARSHMALLOW (ROOT).—For inflammation of the bladder, urinary complaints, certain venereal diseases, cystitis and internal irritation. Powdered the root makes a good poultice, which is even more efficacious if slippery elm (q.v.) be added.

MEADOWSWEET. — An infusion corrects the stomach and allays diarrhœa. A valuable medicine, imparting a certain amount of nourishment, as well as astringency, to the bowels. Also recognised as a blood purifier.

MARIGOLD.—For wind, stomach and liver troubles and jaundice. Used with success in measles.

MISTLETOE.—For hysteria, epilepsy, St. Vitus' dance and other nervous complaints. A tonic, especially for the heart.

MOTHERWORT. — Possesses similar virtues (to the above), but, in addition, it is useful in female disorders, and may be taken as a mild tonic by convalescents.

MOUNTAIN FLAX. — Combined with other herbs is taken as a purgative for constipation and kidney complaints.

MOUSE-EAR. — A specific for the stomach, liver, bowels; also for coughs and lung troubles. Usually employed in the treatment of whooping-cough.

MULLEIN. — Recommended in pulmonary cases, coughs, consumption and internal bleeding—especially of lungs and bowels.

MUGWORT. — Largely employed in female medicines. Combined with pennyroyal and southern wood, sometimes corrects menstrual irregularities.

This Book is FREE

Send a Postcard TO-DAY

Get Back to Nature and Live
C. W. Aloysius Browne

NOTHING like this offer has ever been made before and every reader of this journal should AT ONCE secure a FREE copy of the New Edition of my Book, "Get Back to Nature and live"!

This New, Revised and Enlarged production is one which no home can possibly afford to be without.

It is a work of reference of untold value which contains vital information on Health and Disease. To the suffering, the pain-racked and despairing, it will come with a message of New Hope, for it tells you all about Nature's Wonderful Herbs, which bring relief even when all hope seems lost

It contains Herbal Recipes which have cured thousands, illustrations of enormous interest, diagrams of various parts of the body, etc., etc. It contains numerous articles, such as "The Herbal Healer and His Work," by C. W. Browne, "Maternity and Motherhood," by Dr. S. Webb, etc., etc

YOU must get this book!

YOU may have suffered for years while the herbs which can relieve you may be growing outside your own door! So, dear readers, do not delay. Be Well, be Strong by the aid of Nature's Herbs, which again and again have SAVED LIFE when all seemed hopeless. I will send also a 64-page book crammed with the joyful letters of people who have been rescued from despair.

There is no Cost—no Obligation. Just send a postcard, bearing your name and address, NOW.

176 PAGES OF VITAL HEALTH KNOWLEDGE

100 COMPLAINTS

Fully Dealt With, including

Anæmia
Asthma
Obesity
Catarrh
Gastritis
High Blood Pressure
Goitre
Dropsy
Prolapsus
Pruritis
Psoriasis
Disorders of Heart
Chest and Kidneys
Prostatitis
Liver and Gall Troubles
Colitis
Sycosis
Chorea
Glands
Debility
Skin Diseases
Worms
Nerves
Piles
Rheumatism
Ulcerated Leg
Diabetes
Migraine
Middle Life Troubles.
etc.

CURATIVE PROPERTIES OF OVER 150 MEDICINAL PLANTS

including recipes which have cured thousands and which are easily obtainable.

DIET ADVICE

including 35 unique dishes for invalids,

HOUSEHOLD EMERGENCIES

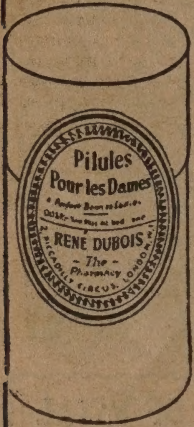
and what to do, together with much other Household Information, etc., etc.

Please stamp letters with 1½d. stamp and postcards with 1d. stamp.

C. W. ALOYSIUS BROWNE, B.Sc.,
(Dept. H.D.), 133, ST. MARY'S STREET, SOUTHAMPTON

Books Free in British Isles only—other parts 1/-.

An Invitation to all Ladies



Do not waste money on useless remedies, but write NOW for

RENÉ DUBOIS "PILULES"

for all irregularities **Guaranteed speedy and effective even in the most obstinate and unyielding cases.** Acts like magic, and are effective in a few hours. No nauseating drugs or useless injections. **Failure impossible.** No further need for worry. Price 5/-, and extra strong, 10/- post free.

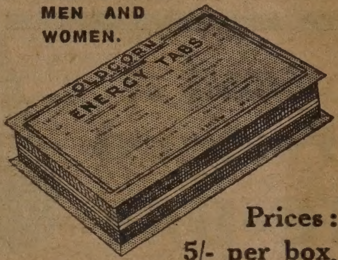
Call or write:—

RENÉ DUBOIS
(Dept. A.4),
THE PAVILION PHARMACY,
2, PICCADILLY (CIRCUS),
LONDON, W.1.

LOST VITALITY REGAINED

OLDCORN'S ENERGY TABS.

A combination of Gland Extracts considered the best method indicated in severe cases of diminished sexual power. They infuse new life into the vital organs of the body of both MEN AND WOMEN.



Prices:
5/- per box,
Extra Strong 10/-,
Special Extra Strong 20/-,
Post Free. **Adults only supplied.**

Call or write:—

RENÉ DUBOIS
(Dept. A.4)
THE PAVILION PHARMACY,
2, PICCADILLY (CIRCUS),
LONDON, W.1.

Guaranteed Surgical Appliances Eliminate Birth-Control Risks . .

BIRTH CONTROL RISKS ELIMINATED by Purchasing only GUARANTEED RUBBER GOODS. FULLY ILLUSTRATED Catalogue of PRO-RACE APPLIANCES and Rubber Goods of every description containing the very latest methods of contraception. Free. NO RISK, NO FAILURE or INCONVENIENCE. UNDETECTABLE. Also Whirling Sprays, Enemas, etc.

All guaranteed and sent on approval. Catalogue Post Free.

Call or write:—

RENE DUBOIS (Dept. A.4)
THE PAVILION PHARMACY, 2, PICCADILLY (CIRCUS), LONDON, W.1
(Adults only Supplied).

NETTLES. — Nettle tea is a blood purifier (see p. 44). The seeds are used in cases of consumption.

OAK BARK.—Astringent, and effective in bowel troubles and cholera. Often combined with raspberry leaves and agrimony.

PARSLEY PIERT.—For gravel, kidney and bladder complaints. A dissolvent for stone in the bladder.

PELLITORY.—Similar to the above. Good also for dropsy and suppression of the urine, and not infrequently combined with parsley piert and wild carrot in equal parts. (Pellitory grows on, or at the foot of, old walls, and for that reason is sometimes called "Pellitory of the Wall.")

PENNYROYAL —A safe remedy in menstrual obstructions caused by cold or chill. Also employed in spasms, hysteria, flatulence and sickness.

PEPPERMINT.—Given to relieve wind, sickness, colic diarrhœa and for such infantile complaints as measles, feverishness, griping and convulsions. Peppermint enters largely into many medicines for indigestion.

PERIWINKLE.—Has been employed in the treatment of diabetes and is said to have cured many cases.

PILEWORT.—Used both internally and externally for the alleviation of piles.

PLAINTAIN.—The fresh leaves relieve nettle and insect stings and will arrest bleeding of small wounds. Used internally for piles and diarrhœa

PLEURISY ROOT.—When powdered, is valuable in cases of pleurisy. It assuages the pain, relieves the difficulty of breathing, exercises a beneficent influence on the lungs, assists expectoration, subdues inflammation and exerts a general mild tonic effect throughout the system.

PERUVIAN BARK.—A febrifuge and tonic of great value in cases of malaria, and as a "pick-me-up" after a weakening disease. (Quinine, is an alkaloid obtained from Peruvian bark, i.e., the bark of the cinchona tree, and is a febrifuge and tonic in the form of sulphate of quinine.)

PRICKLY ASH BARK.—Stimulant and tonic Blood purifier and useful in rheumatism and neuralgia.

QUASSIA CHIPS. — Administered in cases of indigestion, dyspepsia and worms.

RAGWORT. — For coughs, colds, influenza and catarrh. As a fomentation, relieves sciatica, gout and rheumatism.

RASPBERRY LEAVES.—A warm infusion taken twice or thrice daily during pregnancy has a soothing effect and promotes easy labour at childbirth. Taken also for bowel troubles and dysentery. The infusion makes a good gargle for sore mouth and throat, and may also be applied as a wash for sore and inflamed eyes.

ROSEMARY.—Mild stimulant. Useful in heart diseases, fainting and nerve troubles, and asthma. Rosemary and coltsfoot leaves, mixed together and smoked like tobacco, will give relief to the respiratory organs. Rosemary is also employed in hair stimulants.

RUE.—A useful medicine in hysteria and for ridding the stomach of worms.

RUPTURE WORT.—An infusion is used for catarral affections of the bladder.

SANICLE. — An umbelliferous plant, useful in dysentery, leucorrhœa, diarrhœa and as a blood purifier.

SARSAPARILLA (ROOT).—Efficacious in rheumatism. In conjunction with burdock sassafras and guaiacum is excellent for the blood.

SAGE (RED).—A decoction will assist the cure of sore, inflamed or relaxed throat Add equal parts of vinegar and water. In consumptive cases should be taken cold. Will also relieve infantile cases of cold, measles and feverishness.

SASSAFRAS BARK.—Properties similar to those of sarsaparilla root. Useful for ophthalmia and as an eye-wash.

SAW PALMETTS BERRIES.—Builds up flesh and strength. Used in tuberculosis and for toning the glandular tissues

SENNA LEAVES AND PODS.—Prompt and safe purgative. Can be added to and served with stewed prunes. A few pods in the morning cup of tea will assist the bowels. A herbal mixture for obstinate constipation is senna mandrake and cloves. An aromatic with senna leaves is recommended.

SHEPHERD'S PURSE.—Astringent and healing. Used in cases of internal bleeding and for piles and diarrhœa.

SKULLCAP.—So-called because it has helmet-shaped flowers. A remedy for rickets and St. Vitus' dance. Tonic, nervine and anti-spasmodic. Is alleged to have cured cases of hydrophobia.

SLIPPERY ELM BARK.—A nutritious demulcent. A fine substitute for porridge. Good for delicate stomachs, indigestion and internal inflammatory conditions. Soothing after diarrhœa. Makes one of the best poultices for external application.

SOUTHERN-WOOD.—A remedy for intestinal worms; promotes the flow of urine. Also a tonic used for dyspepsia, female complaints and looseness of the bowels.

SPEARMINT — Aromatic, stimulant, anti-spasmodic and carminative. For colic, gripe in infants and as a cordial.

SORREL.—Cooling medicine for the kidneys and fevers. Some persons add the leaves to salads.

SPEEDWELL. — For coughs, colds, catarrh. Promotes menstruation, and is applied in skin diseases. Veronica is a member of the speedwell family of plants

ST. JOHN'S WORT.—Highly valued in urinary troubles; also in coughs, colds, consumption chest complaints.

TANSY.—Expels worms in children. Used in female disorders, including hysteria, sickness, kidney weakness and irregular menses. Also employed in a fomation for sprains, tumours, ulcers and swellings.

THYME.—Is given, as an infusion, for flatulence spasms and colic. It sets up perspiration at the beginning of a cold.

TORMENTIL ROOT.—Astringent. Suitable in relaxed bowels, diarrhœa and cholera. A specific for colitis, and used as a lotion for sores and ulcers.

UVA URSI.—Acts on the urinary organs and is employed in such cases as gravel, kidney and bladder troubles, gleet, leucorrhœa and menorrhegia.

VALERIAN.—A nerve sedative. Used in nervous debility, hysteria and unsatisfactory urinary conditions. Soothes pain and induces sleep. Often made up in conjunction with skullcap, vervain and betony.

VERVAIN.—A nervine tonic; prescribed in feverish colds, colic, spasms and indigestion. Also for sleeplessness and nervous headaches.

VIOLET LEAVES.—Have been recommended and used with advantage in cancer cases. Can be employed inwardly and also as a lotion.

WINTERGREEN. — Excellent for rheumatism Also for infantile diarrhœa and for wind.

WITCH HAZEL. — A well-known astringent, entering largely into specific for piles, varicose veins and for stopping internal bleeding. The witch hazel is a North American shrub with yellow flowers, astringent bark and leaves and edible seeds containing much oil.

WOOD BETONY.—For dyspepsia and rheumatism. Excellent for nervous headaches in conjunction with skullcap and hops.

WOODRUFF.—A woodland plant with small white fragrant flowers. Removes biliary complications of the liver and fortifies the stomach.

WOOD SAGE.—For feverish colds, inflammation and menstrual obstructions.

WORMWOOD. — Is the bitter plant absinthium, used as a powerful tonic. Used in dyspepsia and for the extirpation of worms. Also a good fomentation

WOUNDWORT.—Useful for fits. Relieves gout and cramp, and arrests dysentery and internal bleeding.

YARROW.—Astringent, diaphoretic and diuertic Remedial for fevers, colds and influenza

YELLOW DOCK (ROOT).—A "slimming" herb; corrective for impure blood and skin diseases.

● ● ●

How to Gather and Preserve Herbs

PICK with stalks as long as possible, tie in bunch and hang up (downwards) to dry. When quite dry the leaves are separated from the stalks and pulverised. A quicker plan is to wash the branches after picking and then shake out most of the water. Then pick off leaves and spread on a tray covered with clean paper and dry in slow oven. Pulverise when brittle. (Drying must not be too rapid.) Put powdered leaves into perfectly dry, wide-mouthed bottles with air-tight stoppers.

These GOLDEN PERLES *of* HEALTH

—full of the purest Oil of Garlic—

"NATURE'S FINEST REMEDY & HEALTH-GIVER"

says W. E. Lusty

THE AMAZING PROPERTIES OF PURE GARLIC OIL.

An internal antiseptic, a natural healer and a food for the body cells and glands is Garlic. Rich in natural iodine, its cleansing and anti-toxic powers are unique. Since earliest times its beneficial effects in illness have been recognised, and even to-day eminent surgeons and doctors testify to its amazing curative powers.

EASY ASSIMILATION—NO TASTE, NO SMELL.

Hitherto the use of Garlic has been restricted owing to its strong taste and smell. But now, the special way in which Lusty's Garlic Perles are made entirely obviates any objection. No taste, no smell.

HOW LUSTY'S GARLIC PERLES BENEFIT YOU.

Constipation, Catarrh, Bronchial Trouble, Impure Blood, Skin Complaints, Malignant Growths, Ulcers, High Blood Pressure, Liver and Kidney Troubles—these and more can all be considerably alleviated—even cured—by Lusty's Garlic Perles, such is its universal germ-killing and purifying action.

PRICES—WHERE TO BUY.

In Tins:

- 30 Capsules (about 10 days' supply), **2/-**.
- 96 Capsules (about 32 days' supply), **5/9**.
- 192 Capsules (about 9 weeks' supply), **10/6**.
- 400 Capsules (family size), **19/6**.

From Health and Herbal Stores or Chemists. If unobtainable locally, they will be sent post free in plain wrapper from **LUSTY'S NATURAL PRODUCTS CO.**, 278, London Road, Westcliff-on-Sea.

ONE OF *Lusty's genuine natural remedies*

SEND FOR FREE DESCRIPTIVE LITERATURE OF OUR OTHER NATURAL PRODUCTS.

FREE BOOK TO LADIES

The knowledge contained in this book is of priceless value to every married lady, and has been the means of brightening the lives of thousands, and in our wide experience we have never before seen a book which is so complete with information and advice such as will be of life-long assistance to you. The book is divided into nine chapters as follows:—

Chapter I.—PROBLEMS OF PHYSICAL AND MENTAL NURTURE.

Chapter II.—THE EFFECT OF MARRIAGE

Chapter III.—PARENTAL PRUDENCE.

Chapter IV.—PREGNANCY AND ITS SYMPTOMS.

Chapter V.—DURATION OF PREGNANCY.

Chapter VI.—SONS OR DAUGHTERS.

Chapter VII.—TO PRESERVE THE VITAL POWERS.

Chapter VIII. — PREVENTION (ITS WAYS AND MEANS.)

Chapter IX.—CRITICAL PERIODS OF A WOMAN'S LIFE

All the contents are most clearly and ably shown as to be perfectly understood, and no book is written which goes so thoroughly into matters relating to married women We shall be pleased to send this wonderful book, post free to adults only, if you will write to us now, as it is having a rapid sale.

THE LONDON SURGICAL CO. (Dept. A.4)

8, GREEN STREET, LEICESTER SQUARE, LONDON, W.C.2.

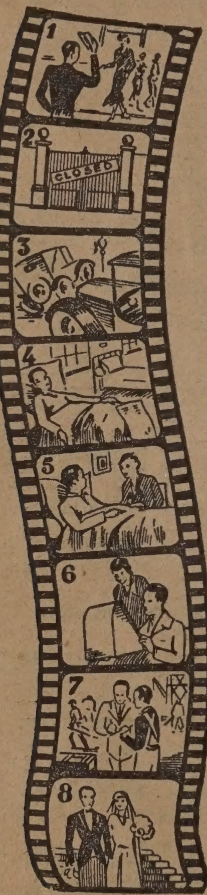
TRUTH STRANGER than FICTION!

You who desire to better your future—read this story

FROM THE LIVES OF LIVING PEOPLE

The strangest stories are seldom contained between the covers of books or appear before the eyes as shadows.

The following is not a flight of the imagination, but an episode from the lives of living people. It is dedicated in particular to those, who, despite overwhelming evidence to the contrary, still do not believe that the Stars influence our lives.



1.—*Happy in a congenial situation and eagerly looking forward to her marriage with the man she truly loved, life was indeed pleasant to Madeleine M. . . .*

2.—*Suddenly misfortune overwhelmed her. Her widowed mother fell ill. The firm in which her fiancé, Paul S. , was employed suffered financial reverses, which resulted in bankruptcy*

3.—*Learning that a situation was vacant at the outskirts of the town, in order to present himself at the earliest moment, Paul took a taxi to his destination The taxi collided with a lorry. Paul was seriously injured.*

4.—*Weeks later in hospital, facing the prospect of a long convalescence, Paul could not be other than dispirited. His marriage with Madeleine was postponed indefinitely.*

5.—*One day when visiting Paul at the hospital Madeleine related the experience of a friend whose life had been transformed by the revelations and counsels contained in a Horoscope by an astrologer of Paris—the Professor ELROY Although sceptical, Paul decided to request his Horoscope*

This decision marked for him the beginning of a new life.

6.—*Three days later the Horoscope arrived. Amazed at the accuracy of statements relating to past events, impressed by the wisdom and practicability of counsels given for the future, Paul regained courage and hope*

7.—*His health recovered, Paul was soon able to leave the hospital. Following certain indications contained in his Horoscope, he obtained a situation considerably better than the one held before his accident.*

8.—*A few weeks later the marriage of Paul and Madeleine. To-day their happiness is complete.*

Innumerable lives have been benefited by the encouragement and help that Astrology gives. The above example is but typical of many Do not think of any supernatural or mysterious power. Properly understood, Astrology contains nothing of mystery. It does not tell you what the future will be, but what it might be—when you utilize the best that life offers you. The confidence that comes with the knowledge as to how and when your efforts should be applied to ensure their maximum results will give you strength and self-reliance. **Timidity and fear become things of the past.** The world will not only seem brighter, but it will be brighter as gradually hitherto unperceived opportunities for success and happiness open out for you. If you would learn the facts—the truth about yourself and the possibilites of your life—merely take a piece of paper and write very plainly, your name (Mr Mrs. Miss), address, and date of birth. Place this in an envelope, together with 6d. P.O., and send to the address following: **Professor ELROY** (Service (H.D.-1), 65, Champs-Elysees, Paris, France. (Kindly note that postage to France is 2½d.)

Will you now continue to follow the same road—that of Least Resistance—taking things as they come, remaining always the prey of hazard and uncertainty, or will you to-day take the new road—**that which will conduct you towards the certain realization of all your dearest hopes and aspirations?**

FREE HOROSCOPE

Cut out and send to the address following:
Prof. ELROY (Service H.D.-1),
65, Champs - Elysees, Paris,
France

A Short Dictionary in Herbal Therapy

Useful glossary of terms commonly used in Remedial Treatment

ALKALOID.—Of the nature of an alkali. An alkali is one of a class of caustic bases as soda and potash, having the common properties of being soluble in water and in alcohol, combining with fats to form soaps, neutralizing acids, and forming salts with them, and changing the tint of many vegetable colouring-matters.

ALTERNATIVE. — Giving the choice of two things.

AROMATIC.—A plant, herb, or drug yielding a fragrant smell.

ASTRINGENT. — Binding, contracting, constipating (opposite of laxative).

BILIARY. — Pertaining to the bile (a yellow bitter fluid secreted by the liver from venous blood).

BRONCHIAL.—Pertaining to the bronchial tubes, and the ramifications of the bronchi in the lungs.

CARMINATIVE.—A medicine for dispelling wind from the stomach and intestines.

CATHARTIC.—An aperient for clearing the bowels.

CEPHALIC.—For relieving pain in the head.

CHRONIC.—Continuing a long time, or recurring.

CHOLAGOGUE.—Stimulating the flow of bile into the intestines.

COLIC.—Pertaining to or affecting the bowels.

CORDIAL.—Exercising a warming, comforting effect on the stomach.

CORRECTIVE.—That which annuls or tends to prevent the evil effects of something else. An antidote.

CONVALESCENT.—Gradually recovering from illness.

COUNTER-IRRITANT.—Relieving pain in one part of the body by setting up a different sort of pain or irritation in another part.

DECOCTION.—An extract obtained by boiling.

DEMULCENT.—A soothing agent for allaying the irritation and tenderness of inflamed surfaces.

DEOBSTRUENT. — Removing obstructions.

DEODORENT.—That which overcomes a bad smell; to disinfect.

DEPURATIVE.—A cleanser, especially of the blood.

DETERGENT.—A cleanser of wounds.

DIAPHORETIC.—A sudorific medicine (i.e., producing perspiration).

DILUENT.—A diluting agent, a solvent, something that increases the proportion of water in the bodily fluids.

DISCUTIENT.—Dissolving or dispersing such growths as tumours, ulcers, etc.

DISINFECTANT—A destroyer of noxious odours or germs. A precaution against infection.

DISSOLVENT.—Having the power to dissolve.

DIURETIC.—Increasing the secretion and flow of urine.

EMETIC.—To induce vomiting.

EMMENAGOGUE.—A medicine calculated to promote the catamenial (or menstrual) flow.

EMOLLIENT.—Softening, soothing.

ENEMA.—An injection into the rectum.

ERRHINES.—Various kinds of snuff to clear the nasal passages by sneezing.

ESCHAROTIC.—Destroying the skin by corrosion or burning.

ESCULENT.—Edible, suitable for food.

EXPECTORANT—Promoting the expulsion of mucous in the throat and bronchial tubes by spitting.

FEBRIFUGE.—A mixture for lowering the temperature and allaying fever.

FLATULENCE — Distension of the stomach caused by gases generated by indigestion.

FOMENTATION.—A warm or medicated liquid applied to a diseased part.

GALACTAGOGUE.—Increasing the flow of milk.

GARGLE. — A medicinal wash for the mouth and throat.

GLANDULAR.—Pertaining to glands, the organs of secretion.

GRAVEL.—A diseased caused by the presence of calculi (a stony sediment) in the bladder and kidneys.

HYSTERIA.—A nervous affection due to a disordered condition of the nervous centres, and characterised by choking sensations and paroxysms of laughter or weeping.

INFLAMMATION.—A morbid process, characterised when external, by pain, redness heat and swelling.

INFUSION.—A pouring in, or something poured in or mingled; instillation; a liquid extract obtained by steeping a vegetable substance in hot or cold water without boiling.

INTESTINAL. — Pertaining to the intestines.

LACTEAL.—Pertaining to or like milk.

LAXATIVE.—A medicine for loosening the bowels; an aperient.

LEUCHORRHŒA.—A morbid discharge of mucus from the female genital organs (the whites).

LOTION.—Medicated fluid for outside application.

MENORRHEGIA. — Excessive or prolonged menstruation.

NERVINE.—A tonic for the nerves.

OBESITY.—Corpulence; excessive or unhealthy fat.

PECTORAL.—A medicine for chest complaints. Pertaining to, good for, or worn on the chest.

PULMONARY. — Associated with or affecting the lungs.

PURGATIVE.—Serving to purge. An aperient a laxative.

RESPIRATORY.—To do with the process of breathing.

SOPORIFIC.—Causing or tending to induce sleep.

SPECIFIC.—A remedy designed to meet a particular case or disease.

STIMULANT.—Serving to stimulate or excite. Producing rapid increase of vital energy.

STONE.—

TONIC.—Strengthening, bracing, invigorating.

TUBERCULOSIS (Decline, Consumption Phthisis). — A class of diseases accompanied by the formation of small tubercles in the tissues, especially those due to the presence of Roch's bacillus in the tissues as phthisis and scrofula. Consumption is a pulmonary disease, in which the patient "wastes" or "declines."

UMBELLIFEROUS.—A plant of the parsley family. Fan-like.

URINARY.—Pertaining to urine, which is secreted from the blood by the kidneys, stored in the bladder and discharged through the uretha.

VENEREAL.—Pertaining to or produced by sexual intercourse.

VERMIFUGE.—A medicine that destroys or expels intestinal worms; an anthelminic.

VITAMIN. — The discovery of the "accessory" food factors called "vitamins" has been a notable contribution to the theory of nutrition. Three vitamins, A, B and C, have been located. The lack of these is the cause of certain deficiency diseases. Without Vitamin A we are prone to malnutrition and rickets; without Vitamin B (anti-neurotic) we may contract such disorders as beri-beri; and without Vitamin C (anti-scorbutic) we are liable to scurvy. Milk contains all three of these essential elements; so do cabbages and spinach. Butter, egg-yolk, beef fat and cod liver oil are rich in Vitamin A. Egg-yolk has also Vitamin B. Wholemeal bread has A and B. Oranges, apples, lemons and onions are rich in C. There are no vitamins in lard, vegetable oil, margarine, white bread, polished rice or beer. It has recently been shown that abundant sunlight may act as an equivalent of vitamins in the diet. Lately Vitamin A has been discovered to consist of two distinct vitamins, A and D.

* * *

The First Tea-shop

Tea came to England in the middle of the seventeenth century. Pepys drank tea in 1660; the Earl of Arlington introduced it at the Royal Courts of Charles II. about 1666

It was Thomas Garraway who first sold and retailed tea to Londoners at his coffee-house in Change-alley. Like a patent medicine, it was recommended in 1657 for the cure of all disorders, and the price was almost prohibitive—£6 and as much as £10 for the pound weight.

Later Garraway advertised tea for sale at from 16s. to 50s. the pound.

*

Dryden on Herbs

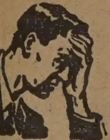
"Medicine is mine, what herbs and simples grow—in fields and forests—all their powers I know."—DRYDEN.

Specialist's DISCOVERY shatters popular opinion of the cause of

CATARRH

Head Noises, Hay Fever & Catarrhal Deafness

MILLIONS OF SUFFERERS SPEND MILLIONS OF POUNDS TREATING THE SYMPTOMS ONLY



Head Noises
Heaviness
Deafness
Depression
Stuffiness
Bad Breath
Sore Throat
Poor Memory

The head effects of Catarrh are really only symptoms of a much more serious, and often much more dangerous, internal condition that begins in the colon.

MR. ALLAN COOPER takes this means of making it known to you and all the thousands of Catarrh sufferers reading "Longman's Herbal Doctor" to-day that he guarantees without quibble or question that your Catarrh can be clearing **FOR GOOD** in two weeks, **or it shall not cost you a penny.** This downright, straightforward, says-what-it-means guarantee means the **END FOR GOOD** of the stuffiness, headaches, depression, deafness and maddening head noises begins within about three weeks from now (longer only if you delay in writing).

All these people tried all the head remedies that you have tried, and, like you—only got temporary relief—NOW they have treated the CAUSE IN the COLON—read what they say.

A WONDERFUL CHANGE.

"I am simply a new woman again. I can hardly realise what a wonderful change has been wrought in my physical and mental outlook and return to my former vivacity."

I. WILSON,
Craigellachie.

I FEEL COMPLETELY CURED.

"I am pleased to say that I feel completely cured of Catarrh, having been unaffected by colds to which I am usually subjected at this season. Your course has done me so much good that I will have no hesitation in recommending it to anyone I meet who is suffering from the same complaint."—H. HINDNESS, North Shields.

You too, will be able to report as enthusiastically as these former sufferers.

COMPLETELY CURED MY CATARRH

"I am writing to say I am completely freed of my catarrh. I get no running from the nostrils or tickling in the throat. Indigestion has gone—I feel a different man. Thanking you for your great treatment."

K. FOUNTAIN,
Dunstable, Beds.

POSITIVE TREATMENT of ROOT CAUSE makes DATED GUARANTEE possible

By treating the **CAUSE**—the **ROOT CAUSE** (see anatomical sketch below), which lies in the colon and **NOT IN THE HEAD,** 100,000 sufferers, including some of the most Chronic and deep-seated cases in the world, have been cleared from every trace of the insidious disease **FOR GOOD** (see some of their letters on left). No matter how bad your case is, no matter how long you have suffered, no matter what you have been told, **THIS GUARANTEE APPLIES TO YOU NOW.**

100,000 have ended Miseries of Catarrh FOR GOOD

STOMACH
COLON

Catarrh germs breed in the colon, where the waste matters of the body collect, and **spread upwards** through the intestines and the stomach to the head. As the evil mucus gets a hold upon the system so indigestion, constipation, flatulence heartburn, and a thousand and one other ills follow its upward spread.

Only by clearing the colon and the head at the same time can you be free from Catarrh **FOR GOOD. Send for free book which tells you how.**

NOTHING TO PAY IF YOUR CATARRH IS NOT CLEARING for GOOD IN 2 WEEKS

Investigate this **GUARANTEED** offer **NOW.** All it costs is a stamp, and **by return you will get, in plain envelope,** the facts that will enable you to free yourself from Catarrh **for good.**

Catarrh is no minor ailment. In hundreds of cases the choking catarrhal mucus has helped a common cold to become dreaded bronchitis and pneumonia, with the even more dreaded complications that often follow in their train. It is Catarrh that is responsible for more dyspepsia, indigestion and constipation than is generally realised.

Here is your chance of **ACTING NOW** in a way that costs you **NOTHING** if you cannot say in two weeks: "I am being freed from every trace of my Catarrh," "I feel a new man (or woman)," "Life is more worth while than it has been for years." Do not let anything stand in your way. Take advantage of a Treatment that has **100,000** successes to recommend it. An opportunity is before you now to free yourself from the miseries and self-consciousness of Catarrh, and to give you health **FOR GOOD.**

Tear out this announcement and write your name and address in margin, and I will send you my FREE Booklet on Catarrh and how to get rid of it. Please address all letters for the **Personal attention of Mr. Allan Cooper, Dept. L. 60 Strand, London W.C.2** NOTE.—If you prefer not to mutilate your copy of this magazine, send your name and address, mentioning "Longman's Herbal Doctor."

If you care to enclose 1½d stamp to cover postage it will be appreciated, but this is not essential.—*L.H.D.*

DR. OSTER MANN'S
FAMOUS
Female Pills

THESE famous pills, recommended by many eminent physicians and thousands of ladies, entirely supersede Pennyroyal, Pil Cochia, Bitter Apple and all similar old-fashioned and mostly worthless remedies. Moreover, they are absolutely *harmless.* Their efficacy has been proved, not once, but times without number.

Ladies ! In all ailments incidental to the sex, Dr. Oster Mann's Female Pills have been used with extraordinary success. Countless letters from all parts of the world provide conclusive and undeniable proof of their efficacy.

Dr. Oster Mann's
RELIABLE
FEMALE PILLS
DOSE: TWO TO BE TAKEN THREE TIMES A DAY AFTER MEALS
PROPRIETORS
THE
HYGIENIC STORES LD
CHEMISTS
95, CHARING CROSS RD. LONDON. W.C.2

GUARANTEE and WARNING.

Dr. Oster Mann's "Safe and Certain" Female Pills are guaranteed to be absolutely harmless and free from any dangerous drugs of any description whatever. They are prepared from the exclusive original formula of Dr. Oster Mann and are supplied only in boxes bearing his signature. NONE OTHERS ARE GENUINE and legal proceedings will be instituted immediately in all cases of fraudulent substitution brought to the notice of the proprietors.

Sold in Boxes 1/3, 3/- ; Extra Strong 5/-, post free.

Or call:

THE HYGIENIC STORES, LTD. (Dept. A.4)
95, CHARING CROSS ROAD, LONDON, W.C.2

Branches :
24, EDGWARE ROAD, MARBLE ARCH, LONDON, W.1; 2, PICCADILLY CIRCUS, LONDON, W.1.
CITY AGENTS: 78, FENCHURCH STREET, LONDON, E.C.3.

FREE OFFER Sample and Copy of "LADIES' GUIDE TO HEALTH," sent post free (to adults only).

The Value of Salads

Fresh Green Stuffs play an important part in healthful living and should find a place in the daily diet

Salads are "coolers" and blood **purifiers** — hence their importance. Strictly speaking a "green" salad is a vegetable rather than a herbal dish, but since many of the ingredients possess valuable medicinal properties we think the subject very properly deserves a place in a little book of this nature. The composition of the salad will vary according to taste and season. We must content ourselves, therefore, with a list of suitable items from which the housewife will make her selection.

BEETROOT. — A delicious vegetable, good for jaundice and liver troubles; also recommended for growing girls. Boil and cut into slices.

CARROT.—For a salad is best shredded. Carrot tea is taken for gout and a teaspoonful of grated carrot will rid children of worms.

CELERY.—Has much to recommend it. Adds an agreeable flavour and is much esteemed as a safeguard against rheumatism. Indeed, celery or celery seed, boiled in milk, is said to cure this painful malady if persistently taken.

CRESS.—Under this heading one may include mustard and cress and water-cress—all blood purifiers and useful for skin diseases. The liquor of water-cress steeped in boiling vinegar will relieve a headache if applied to the forehead on a soft rag.

CUCUMBER. — Supposed to be more digestible if the skin is left on. A refreshing ingredient for the salad. When it "repeats" disagreeably it is better left out. Cucumber is used in cosmetic preparations, and a freshly-cut slice rubbed on the face will cool the skin and remove freckles. The peel strewn about the floor scares away black-beetles.

DANDELIONS.—If something somewhat bitter, tickles your palate, a leaf or two of dandelion will improve your salad. This tiresome "weed" that plays the deuce with the garden and the lawn is remarkable for medicinal virtues. It is at once a diurratic, an aperient, a tonic, and a corrective for kidney and liver disorders.

ENDIVE ought to be eaten more freely in salads. Has a beneficial effect on most skin diseases.

GREEN PEAS when in season can be added with advantage.

HORSE-RADISH is said to be one of the herbs ordered by Moses to be eaten by the Jews at the Passover. The others were the coriander, the lettuce, the nettle and the horehound. All five plants are calculated to aid digestion , and shredded horse-radish, besides adding a "bite" to a salad, is a noted relish with roast beef. Taken instead of mustard with goose or pork or duck, it will counteract the super-richness of such dishes. Scraped horse-radish in a piece of soft linen and applied to the affected area will allay neuralgic pain. A mixture made of horse-radish, vinegar and glycerine can be taken internally for a cold or sore throat. There are poisonous plants, like aconite, very similar to horse-radish in appearance. Therefore be sure that you get the genuine article!

LETTUCE.—Besides being almost indispensable for a green salad, lettuce, next to hops, is one of the best things for sleeplessness, but in the latter case it should be eaten without sugar.

MINT SAUCE. — Mint is one of the most wholesome of our garden herbs and, a little chopped up in a spot of vinegar or lemon juice imparts a pleasant "kick" when added to the salad. (See "Mint" in Herbs for the Housewife, page 48.)

OLIVE OIL, the yolk of an egg, vinegar, mustard, pepper and salt are mixed in proportions according to taste and added to the salad by way of "dressing." Lemon juice can be substituted for vinegar by those who prefer it. As a matter of fact lemon juice is preferable from a health and dietary point of view. A hard-boiled egg cut into slices is a well-recognised addition.

ONION.—The pungent odour of the onion makes it the butt of the humourist, but for all that a book might be written about this homely vegetable and its multifarious uses. When in season the little spring onions, with the long green stalks, appeal to most people, but slices of the larger "Spanish" onion can also be utilised. Onions are excellent for colds and can be taken roasted or in gruel. In salads the amount of onion must be nicely balanced. People who have a taste for "strong meats" may prefer to flavour their salads with garlic, in which case the merest rubbing of the inside of the salad bowl with a slice of garlic will suffice.

POTATO, boiled and cut into slices, adds variety to the salad.

RADISHES are usually put into the salad raw, but first boiled slowly in salted water they are more digestible. Put in some of the leaves as well as the roots. Elderly people should avoid raw radishes.

TARRAGON, or a nip of cayenne, adds piquancy. (See Herbs for the Housewife, page 48.)

TOMATO.—Once regarded with some suspicion, the tomato, or "love-apple," as it used to be called, is now universally popular. The salad is made all the more attractive by its bright colour and refreshing juices, and its vitamin content is above that of most other vegetables. A raw tomato eaten with a slice of brown bread and butter makes a pleasant prelude to breakfast or an eleven o'clock "lunch." On the other hand, the tomato, in salad or eaten in any other way, is said to be no good to those who suffer from gout.

• • •

Feeding the Nerves Without Drugs

Nourishing the Nervous Tissues

The mental development of mankind throws a considerable strain upon the nerves, but people who live really healthy lives are able to strengthen them sufficiently to face almost any ordeal with what is frequently described as "Iron Nerve." What some can do others can accomplish, if they will only study the means by which the desired result is obtained.

The central nervous system controls many of the main bodily functions, and when it is out of order the whole body suffers. Many people who are in ill-health cannot get fit again, simply because they do not realise that they must first feed their nerves.

When a tonic is needed many people rush straight away to the druggist, but in most cases it is madness to whip up the nerves with dangerous drugs which, at the best, only afford temporary relief.

THE TRUE REMEDY.

The true remedy is to nourish, strengthen and build up the delicate nervous tissues by feeding them with the necessary organic salts. Most nervous cases quickly respond to this treatment if taken in a suitable form.

Of the various preparations of this kind on the market it is doubtful if any has a greater claim to notice than the well-known Bilson's Nerve Food, which for a great number of years has proved of the utmost benefit in building up shattered nerves. This food is entirely free from drugs and inorganic minerals. Not only does it strengthen and repair the delicate nerve tissue, but it regenerates the broken-down nerve cells at the same time.

EASILY PREPARED.

Moreover, it has the merit of being easily prepared, as it does not require to be mixed with milk or other substance to enable it to do its work, and it is, therefore, economical in use. Being pleasant to the taste and easily digested, Bilson's Nerve Food combines all the attributes of a desirable and effective restorative for nervous disorders, and readers of "Longman's Herbal Doctor" can be recommended with every confidence to give it a trial. A free sample tin, together with an interesting explanatory booklet, will be sent to anyone mentioning this publication on application to the proprietors, Messrs. T. J. Bilson and Co., 19, Gray's Inn Road, London, W.C.1.

•

THE FOUR-LEAVED CLOVER.

"One leaf for fame,
One leaf for health,
One leaf for wealth,
And one for the faithful lover,
You'll find it all in a four-leaved
clover."

BANISH THE TORTURE OF "NERVES"

Amazing Results of a Wonderful Drugless Treatment for Nervous Disorders.

A Remarkably Interesting Book Given Free to All Sufferers!

THOUSANDS of former nerve sufferers have blessed the day they wrote for the remarkable little booklet which is now offered FREE to every reader of this announcement. The writers of the grateful letters below might never have experienced the glorious happiness they now enjoy had they not taken the first step by sending for this unique booklet.

Are YOU a victim of fear? Are you tortured by the nerve-racking terrors of worry, pessimism, and depression? Are you "a bundle of nerves," obsessed by morbid thoughts and gloomy presentiments? Have you an "inferiority complex" which causes you to endure untold humiliation and embarrassment through being timid and self-conscious?

If you suffer from **MORBID FEARS, WORRY, DEPRESSION, INSOMNIA, WEAK NERVES, TIMIDITY, BLUSHING,** or any similar nervous disorder, stop wasting money on useless patent medicines and let me show you how to conquer your fear before it conquers you!

READ THESE SPLENDID TESTIMONIALS—PUBLISHED UNDER A £1,000 GUARANTEE OF GENUINENESS.

"THE CHANGE IS MARVELLOUS."

Although I have only been treating myself for three days, the change is marvellous. I had at times all the worst kind of fears, like going mad or committing suicide. I was even afraid to be left alone with the children as I felt afraid I might hurt them. Your treatment is just the thing for a case like mine.

"HAVE SLEPT EVERY NIGHT."

I am pleased to say I am getting on splendidly. I did not know what it was to have a good night's sleep before I had your treatment. I have slept every single night, and my nerves are much better. Many thanks for your kindness.

"MY FEARS HAVE ALL VANISHED."

I can never hope to express my gratitude adequately to you. My cure means more to me than life itself, it seems as though I have been dead for years and have just come to life. It is really marvellous how my fears have all vanished, as they were so firmly established and of such a dreadful nature.

"DONE ME A WORLD OF GOOD."

Many thanks for your kind and good advice, which has done me a world of good. I have been troubled with Self-consciousness more or less for thirty years. Would that I had seen your advertisement years ago!

A copy of this wonderful book, together with some of the most remarkable testimonials ever published, will be sent in a plain, sealed envelope to any sufferer. Send coupon (or a postcard) NOW and you will be delighted to learn how easily you can acquire strong nerves, robust health, and a happy, confident personality.

HENRY J. RIVERS (Dept. L.H.1.)
40, Lamb's Conduit St., London, W.C.1

FREE BOOK COUPON—*Post Now*

To Mr. H. J. RIVERS (Dept. L.H.1)
40, LAMB'S CONDUIT ST.,
LONDON, W.C.1

Please send me, without charge or obligation, a copy of your booklet.

NAME ....

ADDRESS ....

....

DO YOU SUFFER FROM PILES?

IF SO—SUFFER NO MORE

Get a box of

ZOM Brand

PILE TABLETS

from your local chemist, or direct from

ARTHUR H. COX & Co., Ltd.,
Manufacturing Chemists, Brighton.

Enclose P.O. for 1/- and a box will be sent per return.

Relief Guaranteed
Money back if not satisfied

OF INTEREST TO LUNG SUFFERERS

NOTICE

14, Breck Road,
Anfield,
Liverpool, 4.

SOME YEARS AGO I CONTRACTED T.B. OF THE LUNGS AND WAS TOLD I SHOULD NOT LIVE MANY MONTHS, BUT AM HAPPY TO STATE THAT I AM NOW FREE FROM THE DISEASE. IN ORDER TO ACQUAINT OTHERS WITH THE TREATMENT TO WHICH I ATTRIBUTE MY MARVELLOUS RECOVERY, I SHALL BE PLEASED TO SEND PARTICULARS TO ANYONE ON REQUEST.

ELIZABETH B. FALCONER (Mrs.)

PLEASE MENTION PAPER WHEN WRITING

✳ EXCLUSIVE NUDIST MAGAZINES, Etc. ✳

(GERMAN — FRENCH — AMERICAN, ETC.)

"SOMA."—An album of exclusive studies from the Nudist colonies. PRICE 2/- POST FREE

"NACKT LEBEN"—The Nudist Magazine, featuring a superb collection of studies from life. PRICE 2/- POST FREE

● **NOW READY!—" Beautes de Studio."** An amazing Catalogue-Collection of 500 Feminine Photos (from life) **Five hundred Studies'** Price only 2/- Post Free ●

"ZURUCK ZUR NATUR." A new magazine of German Nudist photographs together with a sample assortment of Prints, Catalogues and Illustrated Brochure PRICE 3/- POST FREE

"NUDIST ART."—A de-luxe photographic collection of beautiful girl Nudists in Open-air and studio poses ✦ **Enormous Demand.** PRICE 5/- POST FREE

● **DON'T MISS THIS! "Snappy Shots."** Snappy American magazine with 75 unconventional photos of Film Stars. Price 1/6 Post Free ●

SPECIAL OFFER:—All six above books will be sent, together with a sample Selection of Photos, complete Catalogue and an Illustrated Brochure for ... ... 12/6 POST FREE

ALSO:—"La Beauté" (French Photo Magazine), 3/9 American Nudist Magazine, 1/9. Special selections of Nudist Studies, 2/6, 5/-, 10/-, 20/-, 40/-. (Real Negative Prints.)

Applicants must state profession or age.

L. H. D. JAMES & CO., 6, NORTON ST., LIVERPOOL

Sweet Herbs and Potherbs

Herbs for culinary purposes that anyone can grow in the garden

ASK the average British housewife to name the herbs she uses in her cookery and she will stop short at three—mint, thyme, sage; and these she uses to distraction. She does not worry whether the herbs are fresh or just the dusty mixture put up in cheap packets. So long as the name is there all is well. The well-known essential oil of peppermint comes from mentha piperita. The common mint used for sauce. salads and flavourings is the spearmint, mentha viridis. Pennyroyal is another species of the family. All of these mints are hardy perennials and may be propagated by dividing the roots in March or April. They do not want manure. but a layer of fresh soil an inch deep every autumn after the stems have been cut down will be helpful. Bonfire ashes are bad for the plants—a very strange fact. The best time to cut the tops for drying is when they are coming into flower.

A HARDY EVERGREEN.

Sage is a hardy evergreen rather too popular with some cooks. Soil conditions should be light and well drained. Young slips taken in April or May will root readily in a shady place. Pull off the lower leaves before inserting in the soil When cutting for drying purposes take the young shoots from sides and top. Our ancestors used to make a tea of sage. and it was reputed to have valuable medicinal qualities.

Thyme is our most aromatic herb, and two species are grown in this country for kitchen purposes—the common thyme (thymus vulgaris) and the lemon thyme (thymus citriodorus). This herb is a sun lover and likes a light. dry soil with plenty of food in it. Old plants may be divided in March and April. Tread the divisions firmly into their new quarters and give a thorough soaking at the same time. Seeds can be sown in April in very shallow drills. Thyme is much used for edging work, but for kitchen use it will be better to have the plants away from footpaths. This applies also to parsley and other potherbs; too close proximity to the path means dust and other troubles.

Tarragon is a perennial which ought to be in every garden. The sweetly-scented leaves and tops are used in salads and soups; at least, they should be. Pickled gherkins are greatly improved by the use of tarragon. and tarragon vinegar has many valuable properties Another sun lover, this plant is propagated by dividing the roots in spring and transferring them to deep, light soil. Although the plant is a native of Siberia it is often damaged by frost in this country and in exposed places the gardener cuts it down and protects the crown with soil and litter In any event. Tarragon is not a long liver and new plantations should be made each year.

Chives (a kind of onion used for seasoning) should be divided in spring and the divisions set, six inches apart, in new ground. This herb will flourish in any garden soil.

Coriander is an orange-flowered herb and the seeds are used in cakes and custards, soups and other preparations. Distillers buy coriander for employment in the manufacture of mysterious drinks, and by it. too, is the nasty twang of medicine disguised. Sow a few seeds early in April for plants required for seed and from May to August for a supply of young leaves.

Dill (an umbelliferous herb with an aromatic fruit) is grown for its leaves, which remind one of a mixture of mint and fennel. Sow some seed early in April, but not too early, for dill is inclined to be delicate Fennel is used mostly for fish sauces. but it is more valuable as a herb in salads. where the stalks will add to the variety.

LIVENING UP THE SUMMER SALAD.

The ordinary English salad is far too monotonous and ugly. Towards the middle of summer the herbs are at their best, and it is just then that our salads require livening up. This is where herbs might be made to realise their full value. More herbs and less vinegar and chemical seasonings would make all the difference to a salad.

CONCERNING FENNEL.

There are two fennels, the common fennel, the herb usually grown here, and Finochio fennel much valued in Italy for its leaf stems. Sow seed of the common kind in very shallow drills a foot apart and thin out when necessary to the same distance. Keep the hoe going between the plants. If the tops are cut back there will come along plenty of tender young leaves. Seed left to ripen will blow all over the garden and the young plants then become a weed. Fennel is a perennial.

Aniseed rarely seeds in this country, where it is grown for its leaves. These are used for seasoning and garnishing. If seed can be had so much the better for the cook and the cakes. Sow the seed in drills in a sunny place and light soil Allow three inches between each plant.

Balm is sweetly lemon scented, and the young shoots are used as a change from parsley Balm "tea" might well be revived. The plant is a perennial and quite hardy. Propagate by dividing early in April and cut back the plants on the approach of winter.

Sweet Basil is rather tender, as is its relative, the bush basil. Sow seed in a heated frame and thin the seedlings to three inches apart. Keep the soil moist. Transplant to a sunny border at the end of May and look out for slugs. When fully grown the plants are pulled out root and all and hung in a dry shed for winter use.

Chervil is an annual and the young leaves are good for salads and soups. Sow a little seed at intervals of four weeks until the end of October. The summer crops will want shade, but those to stand the winter must be sown in the sun. Sow on the surface and cover very thinly with finely-sifted soil. There is also a bulbous rooted biennial chervil, the roots of which are in shape like early horn carrots and in colour resemble parsnips. These are boiled. Unless you have plenty of room in the garden, however, this chervil will not pay to grow. for it requires a square yard space to produce one dish.

HERBS NOT TO MISS.

There are other herbs we ought not to miss. Try summer savory with your young broad beans as they do in France. Then there is borage, so loved by the bees and salad epicures. Marjoram, pot and sweet, for flavouring; the latter supplies the solution to the mystery of numerous vegetarian dishes. Rosemary, as good for headaches as it is for cookery. Clary we want for soups and Purslane for salads. Rue makes a change from water cress and burnet adds zest to a salad. Winter savory will help the canned peas and beans to acquire something new in the way of flavour and is also fine for salads and soups.

● ● ●

Herbal Oils

Their Food and Medicinal Value

Oils play an important part in human affairs. They are derived from three sources—animal, vegetable and mineral. The first and second categories yield either food or medicine (in some cases both), and, as a rule, animal oils contain a higher food value and are more easily assimilated than vegetable oils. The mineral oils enter more largely in commerce. Of the herbal or vegetable oils the following are well-known examples :

Carron Oil.—Compounded of linseed oil and lime water, and used for burns.

Castor Oil. — A pale yellow fluid obtained from the seeds of *recinus communis*, and employed as a purgative.

Croton Oil.—A viscid cathartic expressed from the seeds of a tropical plant.

Linseed Oil.—Made from the seed of flax. Linseed figures in cattle-cake and is largely used for poultices.

Olive Oil.—Manufactured from the fruit of the olive tree and used all over the world for alimentary and remedial purposes.

Turpentine.—A resinous or viscid juice exuded from fir and pine trees, and employed medicinally for affections of the lungs and bronchial tubes.

Keep fit & cheerful on

NATURE'S GREAT RESTORER

TONIC TEA

The World's finest natural Pick-me-up !

FOR NERVOUS DEPRESSION, NEURITIS, NEURALGIA, ETC.

A blend of sixteen pure, fresh herbs, which invigorate the human system in a few minutes. Cleanses the blood-stream, tones up the nervous system and keeps the stomach clean. TONIC TEA will be found to work wonders in cases of nervous depression, neuritis. neuralgia sciatica, insomnia and St. Vitus' Dance: it eliminates food poisons—the root cause of anæmia, neurasthenia, rheumatism, etc.

Try a glass of this Herbal Tea each morning and note the difference in your health and spirits!

¼-lb. 1/3, from all Health Food Stores, or 1/6 post free (with invaluable 64 pp. book on natural healthy living, "Nature's Healing Powers") direct from

SUNTONA, LTD., 48 EXCHANGE WALK, NOTTINGHAM

given away absolutely free ★

4 Invaluable Medical Works given away *absolutely free* to all interested in the vital subject of Family Limitation :—

1. **"BIRTH CONTROL," by Dr. O. Mann.**
2. **"HYGIENE FOR LADIES," by Dr. D. R. PAYNE.**
3. **"HUSBAND'S AND WIFE'S HANDBOOK," illustrated edition.**
4. **Comprehensive and Instructive Catalogue of latest and most up-to-date Birth Control Appliances (fully explanatory).**

If you are unable to call for these free books they will be sent POST FREE upon application. (To Adults only).

Get *your* free copies of these authoritative books *to-day* whilst this unique opportunity exists.

(Adults only supplied)

Birth Control

THE HYGIENIC STORES LTD. (Dept. A.4), 95, Charing Cross Road, London, W.C.2

JOHN ASHTON

Consulting Opticians

- Private and National Health Insurance Opticians.
- On the H.S.A. and the H.S.F. official lists.
- Modern testing methods.
- Individually fitted frames.
- Squint treated (no drugs or operations).
- All prescriptions accurately dispensed.
- Official Opticians to the Theatrical profession.
- C.S.C.A. discount. Bradford cheques accepted.
- Prompt repairs. Moderate charges.

> **"A *Complete* and *Safe* eyesight examination is only possible in premises designed and equipped for the purpose."**

Two Modern Consulting Rooms

122, WILTON ROAD
VICTORIA, S.W.1

Consultations **9—7.30**	**One minute from** **Victoria Station**	**'Phone—** **Victoria 7136**

Honey—The Sunshine Food

A scientifically perfect food, Honey is the pure essence of flowers, "Nourished by the Earth and warmed into fragrance by the Sun"

HONEY was our first-sweetening agent, and was used centuries before sugar was extracted from the sugar-cane and the beet. So valuable was the produce of the bee-hive in Saxon England that fines were inflicted, not in money payments. but in so many pounds or quintals of honey, according to the nature of the offence. The Mead of the Ancient Britons was a fermented liquor made of honey, which was also the base of Hydromel and Hippocras, two of the national intoxicants extant at the time of the Norman invasion in 1066. Scientifically, honey is a perfect food, and since it reaches us untouched by the hand of man, it has been regarded as the fabled nectar of the gods, that is to say. the pure essence of flowers which have been nourished by the earth and warmed into fragrance by the sun.

BUSY BEES.

A semi-fluid, viscid substance, honey is gathered by the bees for the sustenance of their larvæ, but in the earliest ages man was quick to discover that the bees were capable of manufacturing far more honey than they could possibly consume. Hence it was that bee-culture soon became a wide-spread industry, and in these days when we speak of "honey," we do not mean the wild variety, but the article of commerce which is raised in the domesticated hives. The marvellous organisation of the bee family has aroused the admiration of poets and philosophers, but all we need say here is that the "workers" (as distinguished from the "drones") store the nectar they gather from the flowers in tiny "crops" or "sacs," which are afterwards discharged into the cells of the honey-combs, that have been prepared for the purpose. As the combs are filled, the bee-keeper removes them and substitutes empty ones.

Honey consists chiefly of levulose and dextrose, the former being the fluid portion. Its flavour depends to some extent upon the flowers which have been visited when that particular section of the comb was being filled. Sometimes it is made black and unwholesome through the bees collecting the so-called honey-dew, which is really the excrement of aphides (leaf-lice). Fresh honey should be of a bright straw colour and have a fresh delicate flavour and aroma. Samples of darker tint are considered to be of inferior quality Much of the honey sold in jars has been adulterated by the addition of syrup and flour. Spread upon bread, honey is a wholesome substitute for butter or jam. Its medicinal action is demulcent and laxative, but large doses occasion griping and flatulence, particularly if the honey is old. It is frequently employed as a vehicle for administering drugs, also as an external application to ulcers and as an addition to gargles. It bulks largely as an ingredient in many popular cough mixtures. The production of late years has been organised on scientific lines. The honey is extracted from the combs by means of a scientfic extractor, the comb being placed upon a wheel and rapidly turned with the result that the honey is shot out and collected in a receptacle placed in a suitable position.

CONSTITUENTS OF HONEY.

In Moor's "Suggested Standards of Purity for Foods and Drugs," it is stated that the specific gravity of honey should be not less than 1.365. Ash should not exceed 0.25 per cent., and water not more than 25 per cent. No starch should be present, and only the merest traces of sulphates. Geniune honey, which has not been filtered, will show the presence of pollen grains; and an average sample of good honey will contain Dextrose 34.7 per cent.; Levulose 39.2 per cent., and water 20.0 per cent.

The Herbal Cure for Constipation

Herbs possess curative and corrective properties readily assimilated by the digestive organs

THERE are three principal causes of constipation — unsuitable food, lack of exercise and the habitual neglect of the calls of Nature. The town-dweller is more prone to the malady than is his country cousin, and it is not too much to say that the "Speed Age," as exemplified in the lives of the greater portion of the population, is responsible for the huge and ever-increasing output of aperients.

There is no time in these days to select a rational diet, still less to insist upon scientific cookery, and almost none at all for digestion. Food is "refined." adulterated and artificially preserved till its vital elements are seriously depleted, and without exercise and fresh-air the city worker is unable to rid himself normally of the waste matter which is always clogging his system. Worse still, Nature when she would give us relief, is too often put off till a more convenient occasion, and she takes her revenge by decreeing for the disobedient, sluggish bowels and relaxed excretory muscles. A time arrives when a natural motion is the exception and in thousands of cupboards and private drawers this costive race of ours secretes its salts and pills and laxative potions.

ROOT CAUSE OF MANY DISEASES.

It is not necessary to labour the importance of this subject. Chronic constipation is the root cause of numerous and dangerous disorders. Besides the mental distress which always accompanies the complaint, the blood-stream is vitiated by the accumulation of foul matter in the bowels, and the dullest imagination is capable of realising that such a state of affairs cannot be permitted to continue indefinitely. Hence it is that the victim flies to "medicine," but there is all the difference in the world between one apperient that merely produces a temporary purge and another that gives relief and helps to build up the weakened organs at the same time. In short, an aperient should never become a habit; it is a means to an end.

The herbalist argues that mineral salts are foreign to the human stomach; vegetables and herbs, on the other hand, are known to possess curative and corrective properties which are readily assimilated by the digestive organs. If, then, a combination of herbs can be devised to "move" the bowels and stimulate and strengthen the eliminative organs in one operation, it means that constipation can be cured if the patient will co-operate by regulating his diet and taking more exercise.

●

Onions for Health

Some Appetising Dishes

Rabbit and Onion.—Cut the rabbit up, place in a stew-pan with sufficient water, or milk, and simmer gently until it is tender. Boil some rice separately. When the rabbit is done serve up surrounded by rice and thick onion sauce.

Onion Fritters.—To a quarter of a pound of cooked, chopped onion add 2ozs. of cooked spaghetti (chopped) about 6ozs. of well-seasoned breadcrumbs. Bind with two well-beaten eggs. If liked, a little nutmeg may be added. Shape into fritters and fry. Serve either with tomato or brown gravy sauce.

Onions with Cheese make another delicious dish. Peel some English onions very small, cook until tender in a pint of boiling water, thicken with flour in one pint of boiling milk, stir in 2ozs. of grated cheese, a small pat of butter and season to taste. Serve with "fingers" of toast.

Tripe and Onions.—Put 2lbs. of thick tripe cut into strips in a stew-pan and cover with cold water. Bring gently to the boil and allow to simmer for about 20 minutes. Take out, throw away water it has been boiled in, and return to saucepan, covering the tripe with half milk and half water with the sliced onions. Simmer for about two and a half hours, thicken with flour and butter, well seasoned with salt and pepper.

KNOW WHAT THE FUTURE HOLDS FOR YOU!

Let Professor EL-TANAH cast your Horoscope **FREE**

DON'T MISS TO-MORROW'S OPPORTUNITIES!

Professor EL-TANAH *Exalted Mystic and Astrologer will send Amazing Forecast of your Life*

Absolutely **FREE.**

The wheel of fortune turns up new opportunities daily. The Stars reveal them and tell you how to take advantage of them. Consult the stars about Business, Love, Courtship, Marriage ties, travel, speculation, knowing friends from enemies, lucky and unlucky periods and other information of untold value

Send exact date and place of birth (hour if known) for a FREE forecast of your future by Professor El-Tanah. Write your full name and address plainly. You need send no money, but, if you wish you may enclose 3d. to cover postal and clerical expenses. The startling predictions of the Stars often lead to unexpected fortune and happiness, which might otherwise never be obtained. Act now and post to-day!

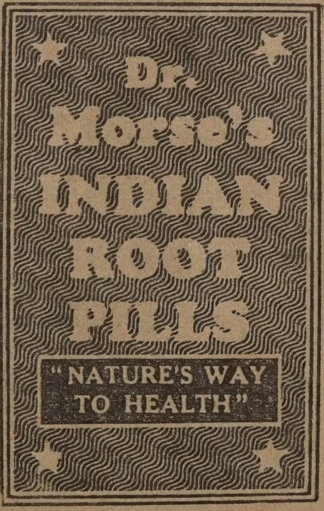
PROFESSOR EL-TANAH
(Dept. 96), El-Tanah Studies,
JERSEY, CHANNEL ISLANDS

FREE TRIAL OF FAMOUS HEADACHE REMEDY

FOR over forty years Zox has been recognised as a valuable specific for Headache, Neuralgia and Nerve pains generally In thousands of homes to-day Zox is kept in readiness to ward off sudden attacks of pain. Sufferers who have had experience of it as a magic pain dispeller will tell you there's nothing to equal Zox.

Apart from Headache, Neuralgia, Neuritis, and similar pains, Zox is wonderfully efficacious in reducing a high temperature. Immediately you get that hot, dry, feverish feeling, which usually betokens a bad cold, you should take a Zox powder Zox quickly nips a cold in the head, but prompt action is essential.

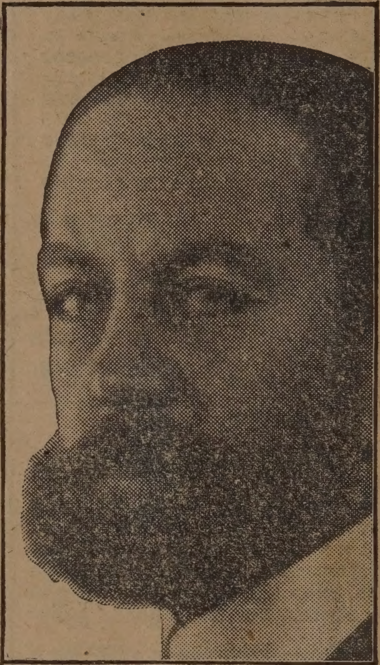
Zox Powders are obtainable from Chemists and Stores at 2d. each or 1s. 6d. and 3s. per box, but any reader may have Two Powders Free by sending a stamped addressed envelope. Requests should be made to the Zox Manufacturing Co. (Dept. 94), 11, Hatton Garden, London, E.C.1.



REVEALS SECRET OF PERSONAL INFLUENCE

Simple method to Develop Personal Magnetism, Memory. Concentration and Will-Power. 64-page Book Fully describing this unique Method, together with Character Delineation FREE to all who write at once.

"The wonderful power of Personal Influence, Magnetism, Fascination. Mind-Control, call it what you will, can surely be acquired by everyone no matter how unattractive or unsuccessful," says Mr. Elmer E. Knowles, author of the new book entitled: "*The Key to the Development of the Inner Forces.*" The Book lays bear many astounding facts concerning the practices of the Eastern Yogi and explains a unique system for the Development of Personal Magnetism, Hypnotic and Telepathic powers, Memory, Concentration and Will-Power through the wonder power of Suggestion. Count H. Csaky-Pallavicini writes: "Everyone in the world should have your simple system. People need this instruction as our lungs need fresh air and our body food." The book, which is being distributed free of charge, is full of photographic reproductions showing how these unseen forces are being used all over the world and how thousands upon thousands have developed powers which they little dreamed they possessed. The free distribution is being conducted by a large Brussels Institution, and a copy will be sent post free to anyone interested.



Count H. Csaky-Pallavicini.

In addition to supplying the book free each person who writes at once will also receive a comprehensive character delineation, as prepared by Prof. Knowles. Simply copy the following verse in your own handwriting:

"I want power of mind,
Force and strength in my look,
Please read my character,
And send me your book."

Also send your full name and address plainly printed (state whether Mr., Mrs. or Miss), and address your letter to: "PSYCHOLOGY FOUNDATION, S.A. (Dept. 699), rue de Londres. 18, Brussels, Belgium. If you wish you may enclose 4d. (stamps of your own country) to pay postage, etc. Be sure to put sufficient postage on your letter. Postage to Belgium is 2½d.

Note: Psychology Foundation is an old-established publishing house that has made many friends through the distribution of useful books and pamphlets on mental and psychological subjects. More than 40 University professors have contributed to its literature and all of its publications for which a charge is made are sold under a guarantee of entire satisfaction or money refunded.

Herbal Condiments, Sauces and Pickles

Appetisers derived from Herbs

SALT was probably the first "appetiser" to be taken with food. That was good enough for the cave dweller, but the higher man climbed in civilisation, the more he hankered after "condiments" and "seasoning." In very early ages spices were extremely valuable as merchandise, and the culinary art to-day would be a tasteless and vapid thing without the pickles and sauces of world-wide celebrity.

Condiments are frowned upon by certain dietitians, but most of them, curiously enough, are herbal in character, and to that extent their usefulness and value in the hands of the competent cook can be defended.

Mustard, pepper and horse-radish, for instance, come straight from mother Nature, and, assuming that they reach us in a pure state, each of them can impart a beneficent zest to food without harming the digestion.

Caraway seeds, cinnamon, nutmegs and cloves provide us with wholesome condiments and flavourings in the kitchen and with remedial essential oils in the herbal dispensary. The same may be said of ginger, a delectable ingredient in cake and biscuits and also an esteemed medicine with carminative properties.

Curry powders are, of course, herbal, but whether they are to be recommended as an article of diet is another matter. Of Eastern origin, curries are highly stimulative, and useful in dragooning jaded appetites, but Nature, who is for ever demonstrating that there is a law of compensations, makes us pay dearly in the long run for the extravagant demand on the digestive juices which a powerful condiment engenders.

The Indian colonel, so often represented as a choleric and tempestuous person, has probably ruined his liver by over-indulgence in his favourite curry. Consider for a moment the formidable "herbs" which go to the making of a "red-hot" recipe. The base is turmeric, and other ingredients are capsicum, ginger, black pepper, coriander, cardamoms, cinnamon and cloves. No wonder so fiery a mixture, in the hands of the cook, will cover "a multitude of sins" when it comes to that little bit of meat or fish that was left over!

Be it understood, however, that curries, like pickles, chutneys and sauces (all more or less "herbal"), can be modified according to taste, and there are many brands of them of British manufacture, which are excellent appetisers and "pick-me-ups" in conjunction with cheese and cold meats and fish. "Pickles" include fruits, vegetables and herbs preserved in vinegar and fortified with pepper, chillies, cloves, allspice, mace and mustard, and when the last-named constituent predominates the "pickle" becomes a "piccalilli." Onions, gherkins, cauliflower, red cabbage, mangoes and walnuts are all suitable for pickling. Chutneys are sweeter and made of guava, with spice and other condiments.

Sauces may be described as liquid condiments, and several proprietary varieties have become famous. Among the materials employed in sauce-making are tomatoes, mushrooms, the soya bean, tamarinds, chillies, cloves, garlic, shallots and onions. In mayonnaises the chief feature is olive oil.

We have yet to consider vinegar, which occupies the fourth corner of the family cruet. Taken "neat," or as a constituent of numerous condiments, vinegar imparts a "kick" to all sorts of dishes, and because it plays such a prominent part in the kitchen, its purity should be above suspicion. Unfortunately, there are vinegars which contain too high a percentage of acetic acid. They turn the lips blue and do serious injury to the alimentary canals and the delicate tissues of the stomach.

Natural vinegar is produced by the fermentation of sugar, malt, wort, honey and wine; but the artificial article of commerce is often a wood spirit which has been oxidised into acetic acid and coloured with caramel. A good malt vinegar is suitable for most household purposes, but for delicate palates a wine vinegar is preferable.

The final question is, What part should condiments play in our daily dietary?

We have seen that they are mainly herbal in substance, and there can be no doubt that, in moderation, our meals would often be insipid without them. It is true enough that the best sauce is a good appetite, but in the "speed age" we are not always able to cultivate a healthy hunger by working or taking exercise in the open air.

Condiments are a fillip and a stimulant, but they should flavour the dish and not dominate it.

● ● ●

Curing the Smoking Habit

THERE are many who, while admitting their slavedom to the smoking habit, find it difficult to free themselves from its grip much as they would like to do so. Of the danger of excessive smoking there can be no two opinions. It is definitely harmful to the health, being the predisposing cause of numerous complaints affecting the heart, eyes, nerves, lungs, blood, and in many cases is the direct cause of cancer of the throat, lips and tongue. From the economic point of view its wastefulness is appalling. To-day the relatively moderate smoker thinks nothing of consuming 20 to 30 cigarettes a day, representing approximately 7s. to 10s. weekly—money literally gone up in smoke!

A WELL-TESTED REMEDY.

Those who sincerely desire to rid themselves of the habit are advised by us to investigate the claims, solidly established on proof—of the well-known Venn treatment, which has been in successful operation in thousands of cases over a period of more than 25 years. This treatment has the merit of being tasteless, odourless, cheap, speedy and absolutely harmless. From the evidence we have seen, it has wrought in many cases almost miraculous results, life-long addicts to the cigarette and tobacco habit having lost the least desire to smoke in as little as two or three days.

Another advantage of the Venn treatment is that, in those cases where the victim is too deeply sunk in the habit to help him or herself, it can be administered secretly by a friend. It is perfectly safe and detection is impossible. A most interesting free booklet containing full particulars of this undoubtedly effective treatment for the smoking habit will be sent under plain cover to any reader on application to Mr. L. E. Venn (57M), 24, Holborn, London, E.C.1.

● ● ●

A Delectable Mustard

The Editor has been privileged to try a sample of Whitehall Mustard, which the proprietors maintain is a special mustard, blended with the finest Herbs and other ingredients, producing a condiment smooth and delightful to the palate. It is claimed that Whitehall Mustard is excellent with fish, flesh or fowl, is particularly appetising with cheese, makes tasty sandwiches and, added to stews, considerably improves their flavour.

Whitehall Mustard, we understand, is compounded by hand and is made from a recipe contained in a manuscript, "Still Room Receipt Book," which has been in the same family for over 150 years and every ingredient is guaranteed pure and free from any chemical or preservative substance.

This condiment has very high digestive value and, being supplied in small-size jars at 6d. or large size at 11d., it is well within the reach of most families.

Although it is obtainable from most grocers and provision dealers, we understand a sample will be supplied to any reader of "Longman's Herbal Doctor," who applies to The Whitehall Mustard Co., 41, Cheapside, London, E.C.2.

Whitehall Mustard

Mustard blended with Fine Herbs and other Ingredients has produced a Condiment smooth and delightful to the Palate.

Excellent with Fish, Flesh or Fowl
Nothing Better with Cheese . .
Makes Appetising Sandwiches . .
Added to Stews—Improves Flavour

WILL RETAIN CONDITION FOR MONTHS

No Preservatives Used.

Supplied in Jars

Small Size **6d.** Large Size **11d.**
or in Powder Form 2d. & 3d. per tin.

Obtainable from all Grocers and Provision Dealers.

If any difficulty in obtaining, please write to the *Sole Manufacturers:*

THE WHITEHALL MUSTARD CO.
41, Cheapside, London. E.C.2.

ASTROLOGY REVEALS CAREER,

Indicates: Events, Changes, Fortunate Days, Numbers, Colours, etc., Business Guidance, Planetary Influence on Friendship, Marriage and Important Epochs.

TWO YEARS' GUIDE added FREE if you mention this Herbal Doctor. Send birth date, 1/- P.O., and Stamp.

EXTENDED HOROSCOPE. With map of the Heavens at birth; influence of each planet on life and destiny; judgment on marriage, finance, etc. Full sketch of one year, month by month, added, 5/-, 10/6, or 21/- according to detail.

THOMAS GOULD, F.S.P.
"THE NOOK,"
HEATHFIELD ROAD, CARDIFF.

INSTANTANEOUS RELIEF FROM HEARTBURN

"What a godsend MOORLAND TABLETS have been to me"

"I feel that I should be lacking in gratitude if I did not write and tell you what a godsend Moorland Tablets have been to me in giving me instantaneous relief from heartburn. I have tried almost every advertised cure for this complaint, but without obtaining relief. I can assure you that I am most grateful."

M. A., Cheltenham.

Unsolicited testimonials from men and women of all ages testify to the wonderful relief Moorland brand Indigestion Tablets give to sufferers from indigestion, flatulence, acidity, heartburn and kindred troubles of the digestive organs.

At all chemists:

7½d. in cardboard cartons (50 tablets). **1/3** in flat pocket tins (110 tablets)

Take two Moorland Tablets after meals and eat what you like.

MOORLAND
BRAND
INDIGESTION TABLETS

No proprietary rights claimed.

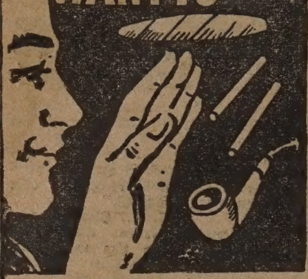
Is Bronchitis Curable?

Certainly! This deadly disease can now be cured in two short weeks at a trifling cost. ASMA-BRON loosens the phlegm, corrects acidity and eases the cough like magic. It is absolutely free from drugs.

You need not stay away from your business while being cured. Simply take a cupful of this palatable herbal balsam, piping hot, two or three times a day. Call or send for full particulars of this notable discovery.

The Orzone Company

LONDON: 21, Ludgate Hill, E.C.4.
22, North End Rd., N.W.11.
GLASGOW: 72, St. Vincent Street.
BELFAST: 10-12, North Street.
CARDIFF: 38-40, Royal Arcade.



DO YOU WANT TO STOP SMOKING?

I HAVE MADE A WONDERFUL DISCOVERY. I have found a real remedy for the Tobacco Habit. I can show you how you can immediately stop all craving for pipes, Cigarettes or Tobacco in any form.

AN HONEST STATEMENT

I am no faddist and I do not deal in quackery. I am a plain business man, and was at one time a very heavy smoker. I know that my wonderful discovery, which cured me of the Tobacco Habit, has

ADDED TWENTY YEARS TO MY LIFE

I want to tell you, and everyone who desires to break themselves of the habit of smoking, how to do so, **simply, speedily and permanently.** I want you to realise what this means to you. It means renewed health and more money in your pocket; it means that you will eat better, sleep better, work better and think better; in fact, you will completely regain new health and strength. I am not preaching a sermon. I am telling you the honest truth, and I want you to write to me so that I can prove my words.

L. E. VENN.

THOUSANDS ARE BENEFITING

My wonderful discovery is a genuine success and is proved by the letters I receive daily. Here is what some of my correspondents say:

RECOMMENDING OTHERS.—I must thank you for your wonderful treatment, which completely cured me in five days after I had been a heavy smoker for twelve years. I now have good appetite, more energy, and a clear head. Please send me another treatment for a friend.— *N. H., Kendal.*

MONEY WELL INVESTED.—Money spent on your treatment has proved a good investment. Smoking used to cost me 8/- and 9/- a week. Smoking has no attraction now, and I find my headaches gone and work is easier; in fact, I feel a different person.— *Mrs. F. T., Conway.*

BETTER HEALTH.—I have to thank you for the benefit derived from your remedy. My health is greatly improved and I sleep like a top.— *Miss E. F., Reading.*

HEALTH AND EYESIGHT IMPROVED.—I am very glad that I wrote for your treatment. I feel ever so much better. I am eating well and sleeping well, and my eyesight, which was beginning to worry me, has now so vastly improved since giving up smoking that I shall certainly not think of starting again.— *M. L., Birkenhead.*

NOW ENJOYS LIFE.—Thanks to your treatment I find that my health has so greatly improved I am able to eat and sleep well and enjoy life without any inclination to again start smoking.— *G. B., Lewisham.*

URGE FOR TOBACCO CEASED.—It is with pleasure I write to inform you of the success I have had with your treatment. I now find I have no desire for a smoke, feel better in myself and certainly shall not be foolish enough to start again.— *L. D., Glasgow.*

HEALTH IMPROVED ALL ROUND.—I have to thank you for your treatment; it has proved a wonderful boon to me. Since I stopped smoking my appetite has returned, I enjoy my food, sleep well and feel better in health than I have for many years.— *C. F. N., Salford.*

AN INVESTMENT.—I am very pleased over your treatment; it completely cured me in the easy manner you promised. In addition to feeling better in health, I now save 10/- a week.— *Mr. E. N., Middlesbro.*

SEND NO MONEY

Just send your name and address, and I will post you, UNDER PLAIN COVER, full particulars and Book, together with striking pamphlet, "Tobacco Troubles," and overwhelming proof of the efficacy of my treatment, which is totally different from anything you have ever heard of before. *All correspondence treated in strictest confidence.*

L. E. VENN (57M), 24, HOLBORN, LONDON, E.C.1

The Pioneers of British Herbalism

I.—JOHN GERARD (1545-1612)

JOHN GERARD, the father of English Herbalism, was born at Nantwich, Cheshire, in 1545, and educated as a surgeon. The religious ferment caused by the Reformation, and the ruthless persecutions initiated alike by Protestants and Catholics, may have influenced young Gerard in his determination to travel abroad for several years before settling down to practise. It is fairly certain that he visited the Netherlands, Germany, and other countries of Northern Europe, where he came in contact with scholars and philosophers who turned his thoughts in the direction of Botany, at that time an extremely nebulous sort of science.

Returning to London, Gerard settled down to practise in Holborn, where he cultivated a wonderful "physic garden' in Fetter Lane, facing the Fleet River, and containing over a thousand different plants, of which he published a list in 1596 His famous "Herbal, or Generall Historie of Plants" appeared a year later, and will always be regarded as the "ground-plan" of British Herbalism. The text was illustrated with wood-cuts derived from a German source, and there is no doubt that Gerard drew much of his inspiration from two foreign works published respectively in 1583 and 1590. The fact that Henry VIII. granted a Charter to Herbalists proves that the medical value of the profession was in high esteem in the 16th century. We do not know much of John Gerard's private life, but it is interesting to recall that he was a contemporary of Shakespeare, whose remarkable knowledge of wild flowers and herbs has astonished his commentators. It is more than probable, however, that the "Herball" fell into the hands of the Bard of Avon, who, like Gerard himself, was a Londoner by adoption. The fine passage in "Henry V." (scene 2, act 5), on the devastation of the countryside in a state of war, could have been written only by a keen observer of Nature, whom we are entitled to claim as a Herbalist, and to stress the connection between Gerard and Shakespeare a little further, we have but to remember that their birth-places, Nantwich and Stratford-on-Avon respectively, are scarcely 60 miles apart. The two men would have much in common. The Herbalist was the senior by 19 years, and died in 1612 at the age of 67. Shakespeare died four years later, aged 52.

II.—NICHOLAS CULPEPER (1612-1654)

By a curious coincidence, less than four years elapsed between the death of John Gerard in 1612, and the birth of Nicholas Culpeper, in 1616. So closely did the second pioneer in the history of British Herbalism tread upon the heels of the first!

The Culpepers were an ancient family, having for their ancestor a judge — Thomas de Culpeper — who flourished in the reign of King John. The father of the future Herbalist, an M.A. and incumbent of the parish of Ockley, Surrey, died a fortnight before his famous son was born, and his widow removed, in consequence, to the hospitable home of her father, Mr. William Attersol, of Isfield, Sussex.

Young Nicholas did well at Cambridge, and was busily collecting wild plants and "simples" before he was out of his 'teens. Tragedy entered early into his life. He had planned a runaway marriage with a young girl with whom he was deeply in love, but on the way to the church she was so terrified by a sudden thunder-storm that she dropped down dead.

Culpeper left the University and endeavoured to console himself with the study of astrology Grandfather Attersoll would sooner have seen the young man devote himself to the ministry, but since arguments proved of no avail, the old gentleman wisely bowed to circumstances, and assisted his studious grandson by apprenticing him to Mr. White, an apothecary, of Temple Bar, London.

Mr. White, however, very soon went bankrupt, where upon Nicholas joined Mr. Drake, of Threadneedle Street, a capable man, who instructed his apprentice in the arts and mysteries of medicine. On the death of Mr. Drake Culpeper succeeded to the Apothecary's business, and round about 1639 began to practise as a physician. At the age of 24 he married Alice Field, who despite her youth (she was in her 16th year at the time) proved to be an exemplary wife with whom he lived happily for the rest of his life. The young doctor set up housekeeping at Spitafields, but he was soon involved in the Civil War, and received a severe wound in the chest whilst fighting on the Parliamentary side. His health was shattered, and excessive tobacco smoking helped further to undermine a constitution which had never been robust. Indeed, it was his frail strength that turned his thoughts in the direction of Herbal remedies, and all his important work was done after his return home from the wars.

As a student of Astrology he was convinced that the stars exercised a subtle influence in producing the remedial properties of common herbs. With indomitable courage and industry he pursued his investigations and attended to a large practice till he succumbed to sheer exhaustion in 1654 at the early age of 42.

Culpeper translated treatises from the Greek, Latin, and Arabic languages, but his original works in English were far more important. These included a book for Apothecaries with directions concerning the dispensing of medicines (1649); "A Directory of Midwives" (1651), and the more celebrated "Herbal," or "The English Physician" (1652-3). The last has gone through many editions, at least twenty of which are to be found in the British Museum, and despite the admixture of false deductions and much that savours of superstition, Culpeper's "Herbal" is a mine of information where the modern healer can delve with profit and pleasure.

● ● ●

Herbs for Intestinal Cleanliness

THE extreme importance of keeping the bowels in a healthy condition is referred to elsewhere in this publication. A clogged condition of the bowels is the root cause of many, if not most, of the diseases to which man is heir. For the treatment and cure of this condition a herbal preparation, perfected by Professor Arnold Ehret and widely known as "Innerclean" Intestinal Laxative, may be strongly recommended. This well-tried remedy is a delightful blend of aromatic herbs of great efficiency and affording almost immediate relief. This is due to its ability to remove effectively from the intestines hardened faeces and other uneliminated, imperfectly digested fatty substances produced through the wrong eating of various foods of modern civilisation, with a consequent lack of natural efficiency caused through an over-expanded condition of the bowels. Innerclean Intestinal Laxative, through this relief, permits the organs to contract to their normal size, thereby remedying this over-expanded condition and rejuvenating the bowels' action. By attacking and removing the disease-producing impurities found mainly in the intestines, Innerclean purifies the blood and cleanses the entire system.

Unlike the common run of laxatives, Innerclean Intestinal Laxative does not lose its effectiveness through continued use, nor is a larger dose required. On the contrary, the dose can be steadily decreased, and it will soon be found unnecessary to use it except on rare occasions.

A sample packet of "Innerclean" will be sent to any reader of Longman's Herbal Doctor enclosing 2d. stamp on application to the "Pitman" Health Food Co., 76, Vitaland, Four Oaks, Warwickshire, and we strongly advise sufferers from constipation to take early advantage of this generous offer.

RENEW YOUR HEALTH

with

ZODIOCELL

belonging to the Sun Sign in which you were born. An astounding discovery. The twelve tissue remedies of the body prepared in tablet form. Easy to take, wonderful in results. **Strongly recommended by Lionel Atherton, D.O., etc., Editor of "Triunism."**

To introduce this new form of individual healing we will send you one full month's treatment complete for 2/6 crossed P.O. Send stamped addressed envelope and birth date for illustrated prospectus free, entitled, "Your Twelve Journeys with the Sun." Address:—

The

CIRCLE CELL SALT Co. Ltd.,

Botanical Dispensers,

4, DUNLEY HILL,

Near Dorking, Surrey.

RHEUMATISM

Cured Without Medicine

READ OUR FREE OFFER

Oliver Brand Magic Foot Plasters have cured thousands of Rheumatic sufferers in all parts of the world, many over 80 years of age. They will cure you, too. Send only your name and address and you will receive 5/- worth of these wonderful plasters absolutely free by return of post.

You will be amazed at the relief they bring.

Mrs. E. WILLIAMS, Glyntaff, Treforest, writes:—"**I think the plasters are wonderful. The first pair of plasters eased the pain and each pair brought greater relief and the result of the fifth pair was a complete cure.**"

Don't ruin your stomach with harmful drugs. Just give Magic Foot Plasters a trial at our expense. They are worn on the soles of the feet and cure Rheumatism in all parts of the body by drawing out and absorbing the poisonous uric acid through the large sweat pores. No matter how many remedies you have tried, give Magic Foot Plasters a trial. They will cure you. Send at once to MAGIC LABORATORIES H D.37, FLEET LANE, LONDON, E.C.4, and the plasters and a beautifully illustrated Book on Rheumatism will be sent you absolutely free. Send TO-DAY.

If Your Are Weak

EYES

YOU CAN MAKE THEM STRONG

WITHOUT SPECTACLES, OPERATION OR MEDICINE

If your eyes are affected you need our book on "Eyes," describing a harmless method by which you can strengthen the eyes and restore the vision without operation or the aid of drugs or glasses. It is in the nature of a gentle massage which stimulates the action of the blood in the eye arteries, with the result that natural sight is restored, and the eyes become painlessly and surely moulded to perfect shape By this means near-sight, far-sight, astigmatism and other defects are corrected and cured. You can discard your glasses and counteract headache and eyestrain by five minutes' manipulation daily in your own home.

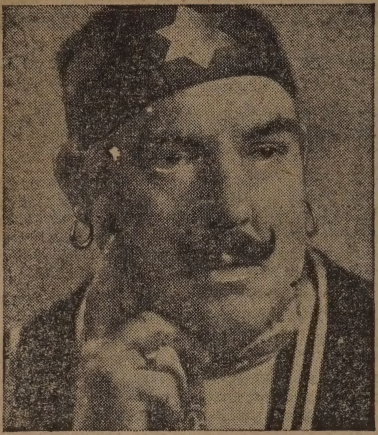
See Nature with naked eyes—not through glass windows.

A SHILLING BOOK ON THE "EYES" FREE.

This book is published at One Shilling, but its contents are of such vital importance to all sufferers from eye defects that we have decided to give away 50,000 copies at cost. If you would like one, send no money, only your name and address, with only 3d. (abroad Six foreign) postage stamps for expenses. Address Publishers:

NEU-VITA

(Dept. K.N.), 190-252, Central Buildings, London Bridge, London, S.E.1, England.



GYPSY

PETULENGRO

The Famous B.B.C. Romany authority on Herbs will send you **entirely Free** a copy of his latest Book. Should be in every household. Post Free From:—

★ GYPSY PETULENGRO'S ROMANY REMEDIES, Ltd. (DEPT. A.) Purewell, Hants.

How to Cure Piles

A DOCTOR'S FORMULA GIVES PROMPT RELIEF AND CERTAIN CURE

What would you give to be *really* cured of those torturing Piles? To find protrusions growing less and less until they finally disappeared, never to torment you again? A doctor's formula brings this relief within the reach of every sufferer. The Magic Brand Pile Cure positively heals, even when the piles are so swollen and bleed so alarmingly that an operation seems inevitable. Surgical methods are both unnecessary and unwise. If your life is being made miserable by this distressing complaint be persuaded to try the Magic Pile Cure. The first application will stop pain and irritation almost instantly. The alarming loss of blood is arrested, swelling and inflammation gradually die down, and the piles are soothed and healed in a way that seems miraculous.

If you have never tried this wonderful remedy, do so without delay.

FREE SAMPLE gladly sent on request to Magic Laboratories, H.D. 27, New Court, Farringdon Street, London. E.C.4.

SURGICAL RUBBER GOODS

Our New Illustrated Catalogue of all Surgical Appliances, Hygienic Whirling Sprays, Syringes, Enemas (from 2/6), Suspensory Bandages, Abdominal Belts, Rupture Appliances and Surgical Rubber Goods of every description sent POST FREE to any part of the world. Sent to Adults Only.

SURGICAL APPLIANCES

We supply the best value for any remittance by return of post.

All Customers send back repeat orders.

ALL PRO-RACE APPLIANCES STOCKED

Illustrated Descriptive Catalogue sent post free.

(TO ADULTS ONLY).

Call or write:—

THE HYGIENIC STORES, LTD. (Dept. A.4.),
95, CHARING CROSS ROAD. LONDON. W.C.2.
CITY DEPOT: 78, FENCHURCH STREET, LONDON, E.C.3,
and at
24, EDGWARE ROAD, MARBLE ARCH, LONDON, W.2.

The Healing Power of Perfumes

Herb Pillows for Insomnia

THE discovery that perfume has a small corner of its own in the wide field of medical science is of practical value to all of us. The soothing aroma arising from hops, lavender, pine-needles, rose-leaves, and the less-known bog-myrtle, when packed into pillows will bring relief to sufferers from sleeplessness.

A sufficient supply of such materials can be purchased for a trifling sum, but for those who prefer a more elaborate "stuffing" for their pillows, with a particularly delicious odour, the following pot-pourri of herbs can be recommended:—

Take one part each of the leaves of lemon verbena, basil, bergamot, lavender, southernwood and rosemary, and two parts of leaves of thyme and sweet briar, together with six bay leaves. Dry slowly in a spent oven after baking, turning them over now and then until dry. The leaves when quite dry are put in muslin bags and then covered with washing linen making a delightful pillow for people cursed with headaches from catarrh or asthma, as well as refreshing for the merely fatigued.

Deep inbreathing of the perfume of Friar's Balsam and sweet thyme steeped in boiling water will relieve chest congestion and asthma in a way steam alone could not touch. It is the perfume and not the substance of pine needles and hops that often gives sound repose to the sleepless.

IMMUNITY FROM INFLUENZA.

During an influenza epidemic it was found that the assistants in a large perfumer's factory who were engaged in bottling lily of the valley perfume and that of white lilac were immune from the scourge, though practically every other assistant went down with the illness. Of course, the personal equation comes into this as into everything else, but at least most of us could try the effect of good lily of the valley perfume on our hankies next epidemic instead of doses of eucalyptus and menthol, hot lemonade, mustard foot-baths and days wasted in bed.

Everyone who has had to do with a fractious fever patient will know the instant relief obtained by laying cool strips of linen wet with water and eau de cologne upon forehead and cheek. Water-wet linen alone has scarcely any effect; it is the clean, strong smell of the perfume breaking across the muzzy thoughts of a fevered brain that gives relief.

To dispel worry take deep inhalations of crushed chrysanthemum leaves or marigold petals, which will so purify and strengthen the mind as to clear it of depression and haziness.

At Antibes in the South of France it is possible to take a scent bath in a garden where flowers and herbs grow in a riot of colour and perfume. In your cubicle you choose what flower you wish—roses, lilies, syringa, mimosa or lilac, what you please. Lavish handfuls inches deep are flung into the somewhat primitive tub and boiling water poured on. After a few moments' steeping you take your bath—a marvellous refreshment to body and spirit, better than synthetic bath salts or crystals. An attendant rubs you down with hot, rough towels later, and you come out scented and glowing like a water nymph fresh from her spring.

That there is an affinity between perfumes and personality seems to be certain. Otherwise, why do people, especially women, have their favourite scents and a distinct dislike for others? Let the astute suitor "say it with perfume"—the right perfume!—and his rivals shall be routed.

Rhubarb Fritters

Take one cupful flour, one egg, pinch of salt, half a teaspoonful of baking powder, a few sticks of rhubarb, castor sugar, lemon, fat. Cut the rhubarb into cubes. Make a batter with flour, salt, egg and baking powder, adding a little milk. Have the fat smoking hot in the pan, dip the pieces of rhubarb in the batter and fry until a golden colour, then drain on white paper. Sift with sugar and add a dash of lemon juice to each fritter.

The Herbal Way to Slimming

The best way to get rid of superfluous adipose tissue is Nature's Way

NATURE has a way of "fitting the back to the burden." In other words, most people grow up with a body suited to their height and daily avocations. Therefore, before setting about any "slimming" operations, it is wise to ascertain how far (if at all) we deviate from the average weight of men or women of our own stature.

A few pounds either way, say 7lbs. above or 7lbs. under weight, is not worth bothering about. The excess or the lack of weight may be seasonal; that is to say, some persons are heavier in the winter than they are in the summer, and *vice versa*, but when the excess or deficiency is a stone (14lbs.) or more there is probably something wrong.

The following table gives a fair idea of what people's weight should be in proportion to their height. Most of us grow stouter as we advance in years, and slimness is becoming in youth, but to be well-proportioned the fully-developed man or woman should conform to the following standard:—

MEN.			WOMEN.		
	st.	lbs.		st.	lbs.
5ft. 2ins	9	0	5ft.	7	5
5ft. 3ins.	9	7	5ft. 1in.	7	10
5ft. 4ins.	9	13	5ft. 2ins.	8	0
5ft. 5ins.	10	2	5ft. 3ins.	8	7
5ft. 6ins.	10	5	5ft. 4ins.	9	0
5ft. 7ins.	10	8	5ft. 5ins.	9	7
5ft. 8ins.	11	1	5ft. 6ins.	9	13
5ft. 9ins.	11	7	5ft. 7ins.	10	6
5ft. 10ins.	12	1	5ft. 8ins.	10	12
5ft. 11ins.	12	6	5ft. 9ins.	11	2
6ft.	12	10			

Obesity arises from many causes. Indigestion, constipation, insufficient exercise and a sluggish blood-stream may be contributory factors, and, of late years, it has been pretty generally accepted that a defective thyroid gland will sometimes be at the bottom of the trouble. At all events, sensible people will see at once that obesity is not a case for drugs or semi-starvation. The diet must certainly be overhauled and changed with a view to producing energy and muscle instead of fat; more exercise is imperative and vegetables and fruit must enter more largely into the bill of fare. Cut out meat as far as possible, take alcohol in strict moderation and avoid pastries and sugary puddings and pies. Above all, take steps to banish the clogging effect of constipation from the system. (See article on page 28.)

As in all other complaints, the herbalist checks obesity by going back to Nature. The argument is feasible enough. The purest food is the plant that comes from the bosom of mother earth. We go astray when we put dead flesh into our stomachs, and we increase the mischief by trying to correct our errors with mineral salts and drugs. Our medicines are the common herbs of the field and hedgerow, but whilst the ailing animal chooses his remedial grasses by instinct, it is only by long and patient research that man builds up his herbal pharmacopœia.

HERBS FOR REDUCING OBESITY.

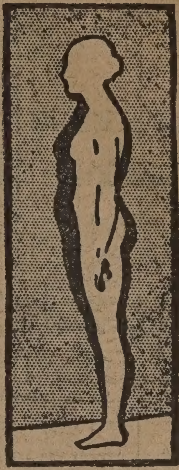
It has been established beyond dispute that a combination of herbs, judiciously selected, will reduce obesity. A skilful herbalist, taking the habits temperament and antecedents, of his patient into consideration, compounds his prescription accordingly. He has discovered, for instance, the tonic properties of bladderwrack, a seaweed containing iodine; he has draw deductions from herbal experiments on the digestive organs and the glandular system, and if his treatment be supported by the voluntary and conscientious co-operation of the patient, "slimming" can be harmlessly and permanently achieved. It is useless "to fly in the face of Nature." Starve yourself and your loss of weight will be accompanied by a corresponding loss of vitality; persist in drugs and your nerves will go to pieces; take too much exercise or insufficient or unsuitable food or overdo bathing and Turkish baths and you will strain your heart and impair your respiration.

Don't fight Nature; get her to help you, and let the herbalist tell you how.

Slimming with Safety

Achieving a Graceful Figure by a new Scientific Method :: that CANNOT FAIL. ::

THERE are many who suffer from a surplus of adipose tissue. This disability is one which every woman is naturally anxious to lose not only for the sake of her figure, but also on account of the harmful effect on the health of this undesirable superfluous fat. Hitherto, the problem of slimming has been attended by all kinds of difficulties not to say dangers, but, thanks to a recent remarkable scientific discovery, it is now possible for women, and men as well, to achieve a slim and graceful figure without any recourse whatever to drugs, medicines, unhealthy appliances or harmful dieting. All these and other unsatisfactory means of attaining the desired result must now definitely be regarded as obsolete.



The thick black outline round the above illustration represents superfluous fat quickly and naturally removed by the wonderful "Thygloids" treatment.

Treatment That Always Succeeds

This new scientific treatment for slimming is the result of many years' investigation into the reducing properties of certain medicaments, and it has never yet failed to bring back to normal slimness even the worst cases. The fatty tissue is dispersed **quickly and easily,** and instead of unhealthy flabbiness, the muscles and tissues regain new life and elasticity. **Double chin, protruding hips, thick arms, fat ankles, enlarged bust——all these are reduced within a week or so—and reduced permanently.** Not only this, but whilst it is decreasing the fatty tissue the treatment also gives **added vigour, new life vitality, strength and increased nerve force** to the entire system.

20 LBS. LOST IN NINE WEEKS!

Read what eminent Doctors say! Extract from Drs. Martindale and Westcott's "Extra Pharmacopœia" Vol. I., p. 840: "Fucus Vesiculous or Sea Wrack."—"It is recorded that a lady lost 20 lbs. in nine weeks, and a gentleman 8 lbs. in six weeks; another 8 lbs in three weeks." **Thygloids contain 70 per cent. of Fucus Vesiculous or Sea Wrack.**

Under the registered trade name of "Thygloids," this remarkable treatment for obesity is now available to the public, and everyone wishing to achieve grace of figure should begin the treatment without delay. It is quite inexpensive, costing only 5/- per box, or the full standard treatment, containing four times the quantity, 12/-, post free.

THE MARBLE ARCH PHARMACY (Dept. A.4),
24, EDGWARE ROAD, MARBLE ARCH, LONDON, W 2.

CENTRAL DEPOT: 95, CHARING CROSS ROAD, LONDON, W.C.
and CITY DEPOT: 78, FENCHURCH STREET, LONDON, E.C.

SCIENTIFIC TREATMENT for HAIR and SCALP TROUBLES

Individual Diagnosis and Prescription Restore Hair Growth in 'Hopeless Cases'

By Arthur J. Pye, the well-known Consulting Hair Specialist.

The Herbal Kingdom supplies many valuable remedies for hair and scalp troubles. It is equally true that single and simple troubles are often to be cured by simple remedies, and without much advice or guidance.

Unfortunately, however, it is usually only in the early stages of hair and scalp trouble that any success can be obtained without skilful diagnosis and individual treatment.

The reason is, we are dealing with a very complicated structure in the human hair, and, however simple the trouble may be at the outset, it soon becomes as complicated as the mass of glands, blood-vessels, nerves and cells, which it soon begins to affect.

The True "Mother" of the Hair.

Thus, Dandruff may begin in the form of dry flakes of skin pealing off the scalp; a mere nothing you may think; but when this simple form of Dandruff has continued for some time it may lead to degenerative changes in the oil glands, it may choke up the Follicles or Hair Sheaths and cause them to atrophy, and it may press down upon the Papilla—the true "mother" of the hair—and stifle the growing hair root. Thus the trouble has both changed its nature and begun to involve a whole series of complicated structures. The same is true of other apparently unimportant symptoms of hair trouble.

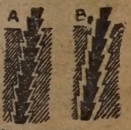
SCURF-CLOGGED HAIR SHEATH
YOUNG HAIR ROOT

Atrophy or degeneration of the Follicle is seen here, with a growing hair root dwarfed by Dandruff and unable to reach the surface of the scalp.

If, therefore, you are suffering from any hair or scalp trouble that is bad enough to make your hair even thin or colourless, let alone to produce baldness and greyness, your only hope lies in treatment specially prepared for your particular case after careful and skilled diagnosis. The treatment may have to take the form of **internal** remedies as well as **external** remedies, for while some disorders of the hair and scalp can be reached **through the scalp**, others can only be reached **through the blood.**

With such treatment, I am glad to be able to tell you, there is every hope of a successful outcome even in cases that looked absolutely hopeless, such as advanced Alopecia steadily increasing general Baldness, and Greyness. Indeed, the hair roots themselves and their colour cells possess extraordinary vitality, and very rarely die. They may, on the other hand, remain in a state of dormancy for years, and yet be revived by remedies skilfully chosen to banish the causes of the trouble. This I have proved in many thousands of cases during my 20 years' practice as a consulting hair specialist.

Medical men frequently send patients to Mr. Pye, and his clients include many titled people, yet his fees are so moderate as to be within the reach of all. The remedies he employs are chosen from upwards of two hundred herbal formulæ, and freshly dispensed for each individual case



A.—Healthy follicle or hair sheath tightly gripping the hair by means of the saw-edge notches, which fit into each other.

B.—Weak and relaxed follicle allowing the hair to fall out.

FREE DIAGNOSIS & ADVICE

Mr. Pye offers to diagnose the hair and scalp troubles of readers entirely free of all charge or obligation. He will also send readers a free copy of his informative book entitled "HOW TO END HAIR AND SCALP TROUBLES." All you are asked to do is to fill up the special Diagnosis Form provided and post it to Mr. Arthur J. Pye, 5, Queen Street Blackpool, 6.

ANSWER THESE QUESTIONS.

Is your Hair falling out?..................
Receding at Temples?..................
Is Hair Thin on Top?..................
Are you Bald on Top?..................
Going Grey?..................
Is Scalp Irritable?..................
Is Hair Coming Off, leaving several Bald Patches (Alopecia)?..................
Are You Completely Bald?..................
What is Your Age?..................
Have You Dandruff?..................
Is Scalp Dry or Oily?..................
What Severe Illness?..................
How long ago?..................

To ARTHUR J. PYE,
5, Queen Street, BLACKPOOL, 6.

Please send me your book individual diagnosis of my case, and personal advice free and without obligation.

NAME ....
(Block Capitals)
ADDRESS ....
....

Herbal Treatment of the Hair

Nature's aids to the rescue

ASSUMING that the hair has not been damaged by chemical dyes or washes, it should retain its texture, colour, and lustre until middle-age.

Hair is weakened by worry and illness, and a severe shock has been known to produce premature greyness; but, so long as the sebaceous glands are not dried up, there is always a chance of restoring the hair, both as regards growth and colour.

Herbal oils are Nature's restoratives. Camomile, sage, rosemary, thyme, southernwood, cloves, and jaborandi are among the plants that yield essential oils suitable for the preparation of hair-washes, tonics, and lotions, with almond or olive oil as a base. The inclusion of glycerine or any other ingredient that exercises a drying effect is to be deprecated.

Most Herbalists supply a selection of herbs for the hair which can be "distilled" and blended with ordinary care, and if the nature of the trouble be plainly stated, the Herbalist will probably be able to offer valuable advice respecting the best ingredients to be chosen.

There can be no doubt that a poor blood stream sometimes accounts for falling or fading hair, and for that reason it may be advisable to take a course of purifying herbs for *internal* application in conjunction with the *external* treatment of the scalp.

Restoring the hair is not so simple a matter as the barber would have us suppose. Without knowing the history of our case, or anything concerning our health, he will recommend a flawless specific which, apparently, he has failed to apply to his own bald pate. The truth is that if the hair follicles have been destroyed, no panacea exists for renewing them, and if, on the other hand, they exist but are failing to function, the cause of the breakdown must be ascertained and removed before the growth of the hair can become normal.

The composition of untried shampoo powders should be closely scrutinised. A deleterious substance may do serious harm to a delicate scalp, and here again the Herbalist's knowledge and skill can be profitably utilised. A suitable herbal powder for a wet shampoo is on the market, the component parts of which can, of course, be varied to meet unusual circumstances.

Prevention of Baldness

THERE are few men and women who are not desirous of possessing a good head of hair; indeed, it would be unnatural were it otherwise. Yet thousands of people of both sexes are to-day on the way to baldness without knowing it. Dandruff and falling hair, although not generally regarded as serious conditions, are both definite warnings of coming baldness. There are many different forms of these troubles. For instance, there is both a greasy and a dry form of dandruff. Any attempt to cure both by the same method of treatment is foredoomed to failure at the outset. Again, falling hair is frequently due, not to any fault in the hair roots, but to a weak and relaxed condition of the follicles in which the hair grows. Yet each of these types of scalp trouble is easily cured if skilled treatment is applied such as that prescribed by the well-known authority on problems connected with the hair, Mr. Arthur J. Pye, who has a remarkable number of successes to his credit. The onset of baldness is usually due to causes which are preventable and capable of being removed by scientific treatment. It is rarely the result of an hereditary tendency. Treatment, however, to be successful, must be based on individual diagnosis specially prepared for each type of case, and by working on these lines Mr. Pye has succeeded in overcoming baldness and other hair and scalp troubles, even in cases which seemed practically hopeless.

Readers suffering from any hair trouble would be well advised to write to Mr. Pye for his informative book, "How to End Hair and Scalp Troubles." It will be sent free on request to all mentioning Longman's Herbal Doctor on application to Mr. A. J. Pye, 5, Queen Street, Blackpool, 6.

Herbal Beverages and Fruit Juices

Delicious and wholesome drinks that all can make

APPLE AND FIG BEVERAGE. — Peel, core and slice two large apples, split open six dried figs, pour over two quarts of boiling water and boil for 20 minutes. Strain when cool through a sieve or fine colander. An excellent drink in hot weather for sufferers from indigestion.

BLACK OR WHITE ELDERBERRY WINES.—Gather the berries ripe and dry, pick them, bruise them and strain them. Put the liquor aside in earthen vessels for 12 hours to settle; add to every pint of juice a pint and a half of water, and to a gallon of this liquor add 3 lbs. of sugar. Put over a fire and, when nearly boiling, clarify it with the whites of four eggs and let it boil one hour. When it is almost cold work it with a good strong yeast. Cask it, filling up the vessel from time to time with some of the same liquor saved on purpose. Fit to bottle in a month.

COLD WATER GINGER BEER.—Put into a jug a pound of soft sugar, 1 dessertspoonful of ground ginger, 1 dessertspoonful of cream of tartar, 1 teaspoonful of tartaric acid, one gallon of cold water. Stir until dissolved and let stand until the ginger settles. Then it is ready for use.

GINGER SYRUP.—One drachm essence of lemon, 4 drachms essence of ginger, 1 drachm essence of cayenne, 1 oz. burnt sugar. Dissolve 2½ lbs. lump sugar in 2 quarts boiling water, also add 1 oz. tartaric acid. Stir and let it cool, then bottle immediately. Two tablespoonfuls of the syrup in a tumbler of hot or cold water make a very pleasant drink.

NETTLE BEER.—Take a peck or more of nettle tops, 4 lbs. malt, 2 ozs. hops, 4 ozs. sarsaparilla and ½ oz. of grounded root-ginger. Boil all in 2 gallons of water for half an hour. Put 1½ lbs. castor sugar in an earthenware pan, strain the above ingredients of the sugar and leave till nearly cold, then add 1 oz. of dissolved yeast. Bottle while in a state of fermentation. This is a palatable beverage and a valuable blood purifier.

ORANGEADE.—Squeeze out the juice of 1 doz. oranges. Put the peel from 4 of these in boiling water and cover up closely. Put sugar in water and boil to a thin syrup. Skim and, when cold, mix the juice, syrup and the liquid from the peel. Add water according to taste and strain through a jelly-bag. Drink it when cold. It is, of course, nicer on ice.

RHUBARB WINE.—Cut 5 lbs. rhubarb into short lengths, bruise it and put it into a bowl with 1 gallon of water. Let it stand for several days, stirring it twice a day. Strain off the liquor and add to it about 4 lbs. of loaf sugar. When this is dissolved add the rind of a lemon and ½ oz. of isinglass. Let the liquor remain 6 days until the fermentation begins to subside. Skim the crust from the surface, draw off the wine, put it into a cask and a fortnight later cork it down.

SARSAPARILLA.—Slice 4 ozs. of the root very fine. Put this into 4 pints of water and let it simmer for 4 hours. Strain the sarsaparilla from the water, pound it to a mash, then return it to the same water and let this boil down to two pints, then strain, let it cool and bottle. Use a tablespoonful to a tumblerful of plain aerated water.

SLOE GIN.—Take 3 ozs. sugar candy, 3 ozs. loaf sugar, crushed very small, and ½ lb. of sloes to a bottle of gin. Place the ingredients in a gallon jar, shake daily for three months, after which strain through a jelly-bag. Bottle and seal the cork.

COWSLIP WINE.—Four quarts cowslip flowers, 4 quarts water, 3 lbs. loaf sugar, the finely-grated rind and juice of an orange and lemon, 2 tablespoonfuls brewers' yeast. Boil the sugar and water for 30 minutes, skimming when necessary. When boiling, pour over the rinds and strained juice of the lemon and orange. Let it cool, then stir in the yeast and cowslip flowers, cover

Dr. Morse's INDIAN ROOT PILLS

"NATURE'S WAY TO HEALTH"

When in Doubt—
Consult an Expert

For *minor* ailments you could hardly go wrong in treating yourself with the non-poisonous remedies suggested in this book. But for any *serious* illness don't rely upon your own diagnosis or prescribing.

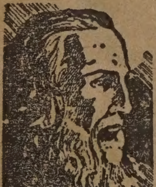
Consult an expert at once.

In each of the Orzone Shops you will find a highly qualified Herbalist, able and ready to tell you how to win back health and vigour. Call or send for your free copy of our Herbal Guide to Health, and you will also receive an interesting pamphlet about ORZONE the Greatest Health Discovery of the Century.

The Orzone Company

LONDON: 21, Ludgate Hill, E.C.4.
22, North End Rd., N.W.11.
GLASGOW: 72, St. Vincent Street.
BELFAST: 10-12, North Street.
CARDIFF: 38-40, Royal Arcade.

THIS IS The FRIEND YOU SEEK!



The famous European Astrologer, Professor SAHIBOL LAKAJAT. He will state who are your friends, who your enemies, if success and happiness await you in marriage and speculation; also information regarding travels, illness, happy and unhappy times, and a great deal more interesting details. Royal personalities have been astonished at the wonder of his great knowledge.

Write him to-day, your proper name and address, the day, month and year of your birth, sex, if married or not, enclosing also a small lock of your hair for palping purposes.

YOU WILL THEN RECEIVE A HOROSCOPE ABSOLUTELY FREE.

Postage to Holland is 2½d. (Kindly enclose 6d. in stamps (no coins) for postage and handling. His address is:

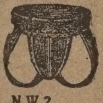
PROFESSOR SAHIBOL LAKAJAT,
DEPT. 1425 POSTBOX 72,
DEN HAAG, HOLLAND.

BE TALL Your Height increased in 14 days or money back. 3-5 ins. gained. Complete Course 5/-. Details free, privately.

L. H. Stebbing, 28, Dean Road, London, N.W.2

MAN, WEAR THIS

Every man should wear the **VITALITY Anti-Strain** Belt — conserves **ENERGY**, keeps **FIGURE** trim, prevents tiredness, **strains, rupture**, prostate troubles. Amazingly comfortable; cool; all-elastic. **Money back** if not delighted. **3/6.—Vitality Appliances, (L.H.), 28, Dean Road, London, N.W.2**



Lovely BUST

Have a beautifully-rounded bust with **Beautipon,** the amazing Vegetable Flesh-Former. Simply rub in this harmless Cream at night, and in a few weeks you will have a glorious figure. Trial treatment **1/6.** Sent privately. **Beautipon, 28 (L.H.), Dean Road, London, N.W.2.**

Conquer STOOP

Be upright—keep fit—wear the 'Vitality' Anti-Stoop Brace. Expands chest 2-3 ins., improves figure, energy; conquers stoop, **3/9 ; De Luxe, 4/6.** Money-Back Guarantee. Sent privately. **Vitality Appliances, 28 (L.H.), Dean Road, London, N.W.2.**

NERVES Shyness, Nerves Inferiority Complex. Blushing cured or money back. Complete course 5/-, or details free, privately under plain cover.

L. H. Stebbing Treatment, 28, Dean Rd., London, N.W.2

★ RARE ART PHOTOS, ETC. ★

Direct from Paris!
MOULIN ROUGE

Chic Parisian Postcards, 3 for 1/6, 6 for 2/9, 12 for 5/-, 50 for 17/6 (all different). Alluring Lingerie Photos, 5 for 1/6, or 30 for 7/6. Rare Male Photos (adults, youths, or boys), assortments 2/6, 5/-, 10/-, 20/-. Paris Photos in natural colours, 6 for 3/-, 12 for 5/-. Special Stereoscopic Outfit with 10 stereoscopic girl photos. 6/6 complete.

RARITY CATALOGUE AND SAMPLES, 1/-.

RARE BOOKS, NOVELS, etc.

Breezy French Novels (in English) 1/9 each or 3 different for 5/-. ALSO:—"Lady Chatterley's Lover," 5/-. "Love Adventures of Casanova," 1/6. "Droll Stories." 5/-. "Decameron Tales," 5/-. Book of Nature, 2/6. and many others.

SEND TO-DAY for our Sale and Library Lists of Rare Books and Novels

Applicant must state profession or age.

L. H. D. JAMES & CO., 6, NORTON ST., LIVERPOOL

All ladies who seek Regular Health!

WISE ladies seeking regular health, who are willing to profit by the experience of others will, before parting with money for useless remedies, write to us to-day for a Free Sample Packet of the renowned.

DR. REYNOLD'S LIGHTNING PILLS,

the sure and safe remedy for all irregularities, etc. They give relief in even the most obstinate cases and have been used by thousands of ladies for many years with extraordinary success. Dr. Reynolds Lightning Pills are a recognised and established remedy known and approved all over the civilised globe. Take advantage of the FREE OFFER TO-DAY.

REMARKABLE FREE OFFER.

Write at once for Free Sample and 'Wisdom for Wives,' an interesting book, with testimonials, guaranteed genuine. Adults only. ★

Prices 3/-, 5/-, Extra Strong, 12/- per Box Post Free.

THE MANAGERESS:

THE LONDON SURGICAL CO. (Dept. A.4),
8, GREEN STREET, LEICESTER SQUARE, LONDON, W.C.2.

and let it sit for 48 hours. Turn the whole into a clean, dry cask, bung closely and let it remain for eight weeks. Strain into bottles. Cork securely and store for three or four weeks in a cool, dry place and it will be ready for use.

DANDELION BEER.—Two ozs. of fresh dandelion leaves, 2 ozs. hops, 3 lbs. brown sugar, ½ oz. liquorice, ½ oz. yeast and ½ oz. root ginger. Tie the leaves, hops, liquorice and ginger into a muslin bag and boil in 3 gallons of water for 20 minutes Strain and add the sugar. When at blood-heat add ½ oz. yeast. Let stand for 12 hours, then bottle. It is ready for use next day.

HOW TO CLARIFY HOME-MADE WINE. — When bottling home-made wines be sure not to shake the cask, as it will disturb any sediment at the bottom and make it cloudy. If it should accidentally become cloudy it can easily be cleared by the addition of isinglass or whites and shells of eggs. If isinglass is used about a quarter of an ounce to ten gallons of wine is required. If eggs are used three whites and shells will be sufficient to ten gallons. Whichever are are used should be added to the cask and allowed to remain for eight to ten days, then the wine should be strained. When using isinglass, first dissolve it in a small quantity of wine or water, then add to the cask and mix the whole amount. If whites and shells of eggs are used the whites must be beaten slightly, the shells washed and the inner skins removed and then the shells broken.

BEFORE YOU START BOTTLING be sure the bottles are well washed and dried immediately before being used. Fruit wine very quickly takes on a flavour if the bottles are not fresh. Also choose sound, new corks.

● ● ●

Herbal Smoking Mixture and Snuff

Healthful Substitutes for Tobacco

THOSE of us who tried in our youthful days to manufacture our own "tobacco" out of weeds or grass or leaves, will remember that two difficulties arose. It seemed impossible to make the mixture burn with a steady smoulder (it more often flared up or refused to burn altogether), and there was the insuperable objection that even when we had got the pipe or cigarette to "go," the blistering of the tongue and throat soon put an end to our triumph. But a small boy cannot be expected to know anything about the selection, drying, and chopping of suitable herbs for a satisfactory smoking mixture.

Indeed, years of research, involving the trial of hundreds of herbs, British and foreign, have gone to the perfection of a herbal substitute for tobacco. Coltsfoot bulks largely in nearly all the brands now on the market, and other ingredients one expects to find are eyebright, buckbean, betony, rosemary, thyme, lavender, and camomile flowers. Certain makers add sunflower seeds. Herbal Smoking Mixture can claim several advantages over tobacco. They are cheaper and purer; free from nicotine, pleasanter as regards aroma, and beneficial to the health.

A Herbal Smoking Mixture is particularly helpful in cases of bronchitis, asthma, and consumption, and since there is no duty to pay, the cost, as compared with tobacco, shows an enormous saving. One well-known firm advertises that an eighteen-penny package contains about five times the bulk of one ounce of tobacco.

A Herbal Mixture can be used in pipe, or in the form of cigarettes and snuff, and in no case is there any danger to the throat or lungs.

Persons who find themselves smoking too much tobacco would find an agreeable and a harmless alternative in a herbal smoking mixture. The aroma is as distinctive as that of the finest Havana cigar, and the slow and even burning of the mixture conforms to all the requirements of the most fastidious smoker.

●

WHEN mashing potatoes never use cold milk, as it makes them stodgy; a little hot milk makes them light and creamy.

Herbs for the Housewife

● A useful list ●

THERE are certain garden herbs which every good house-wife keeps in her kitchen. Who, for instance, would forget the mint for the new potatoes, the bay leaf to flavour the milk pudding, or the sage for the stuffing? And however small your garden may be, the chances are you will be able to find a few sunny corners where you can grow a few potherbs for yourself. Most of them are hardy plants, requiring very little attention. Here is a list.

BAY LEAVES.—If you do not happen to have a bay tree in your garden you can buy a supply of leaves from the chemist or herbalist and store them in a box or tin. They are pleasantly aromatic and add piquancy to milk puddings and fruit pies and puddings.

LAVENDER.—Is not a potherb, of course, but we put it here because little bags of it will add sweetness to your clean linen. We associate the scent with snowy white sheets, pocket handkerchiefs and the delicate "frills and furbelows" of a lady's boudoir. A good supply of the flowers can be bought for a few pence, and lavender is acknowledged to be one of the sweetest of old-English perfumes.

MARJORUM.—Easily grown, but it can be purchased as a dried herb in bottles; gives an appetising flavour to stuffing and soups, besides aiding the digestion. Majorum "tea" (a small quantity in half a teacupful of boiling water) is good for a headache. Dried marjorum made hot in linen bags will sometimes relieve rheumatic pains.

MINT.—The fresh smell of mint is always associated with lamb and new potatoes, but the herb has many other uses. It is the base of several perfumes and of many indigestion medicines and figures also in cordials and "cocktails." For flatulence, a spoonful of dried mint and a spoonful of ground ginger in a cupful of boiling water to which a "spot" of carbonate of soda is afterwards added, is often a successful remedy. Freshly-gathered mint leaves laid on the forehead will relieve a headache, and a first-rate cordial can be made with sixpenny-worth of essence of mint (from the chemist), a quart of water, a pound of lump sugar and a little gin. Bottle for use against a cold or chill.

ROSEMARY.—Beyond its pretty name, cannot claim much importance in the herbal family. A gentle stimulant, and, mixed with coltsfoot leaves, it makes a tonic for the hair. Rosemary wine, fortified with sherry, has been recommended for dropsy. The smoke from burnt rosemary twigs act as a disinfectant and will sweaten the air.

PARSLEY is so much in demand for sauces and "garnishing" cold viands that you ought to grow your own if you can possibly do so. A pennyworth of seed planted in the spring will yield enough for the summer and leave plenty over for drying and bottling for the winter. Parsley exercises a beneficent effect upon the kidneys. Sprinkle (in the dried form) over vegetables and fish. The bruised leaves soothe sore breasts.

SAGE.—What would roast pork be without sage and onion? Indeed, we must have sage for most kinds of stuffing and force-meat. But the herb is also an important medicine. Sage "tea" is a specific for poor blood and anæmia, a mouth wash and an excellent gargle for colds and sore throats.

TARRAGON. — French chefs mix mustard with tarragon, and so produce the well-known condiment, French mustard. The herb is beneficial to people who suffer from indigestion, and is sometimes added to salads to give them "warmth" or "pep."

THYME is aromatic and, made into a "tea," is prescribed for asthma and chest complaints. It cuts the phlegm, comforts the stomach and expels the wind. It is also given to children for whooping cough and worms. With other "sweet-herbs," thyme is employed in cookery for flavouring. Thymol, a phenol obtained from oil of thyme, is used as an antiseptic.

The Unsurpassed Natural Home Remedy

OLBAS
OLBAS

OLBAS

is an extraordinarily potent distillation of non-poisonous plants. Of proved efficacy in Asthma, Hay Fever, Colds, all forms of Catarrh, Influenza, Bronchitis. A boon to sufferers from Indigestion, Headache, Neuritis, Rheumatism, Boils, Hæmorrhoids, Varicose Veins, Burns. Prices: "Olbas" Oil 3/- flask. Pocket Inhaler 2/6. Of Health & Herbal Stores, Chemists, or Sole Concessionaires for United Kingdom,

G. ASHLEY & CO. (H. Dept.),
104, Christchurch Road,
London, S.W.2.
Prospectus Free.

LONDON PSYCHIC EDUCATIONAL CENTRE,
17, Ashmere Grove. London, S.W.2.

FREE BOOK

How to develop

CLAIRVOYANCE

Sent on receipt of self-directed stamped envelope.

STAMMERING

Cure yourself as I did of speech disorders. PARTICULARS SENT FREE.

Mr. C. W. Gowers (L.H.),
269, Shakespeare Road, London, S.E.24.

DRINK HABIT CONQUERED

After being a heavy drinker for years, Mr. Woods was saved and providentially came into possession of the true method for overcoming inebriety. The drinker who wants to stop for ever, getting rid of the awful desire for alcohol, can easily do so, losing no time and enjoying life better than ever before. Marvellously successful, safe and reliable self-treatment to be taken at home for overcoming drink habit in only 3 days with lasting result.

Drinkers Secretly Saved

If a person is addicted so strongly that he has lost desire to be rescued, you can treat him **secretly** so that he may become disgusted with the odour and taste of liquor. **Testimonials** verifying genuineness of the method. **Joyous news** for drinkers and for **wives, mothers,** etc., contained in the **Book,** "Confessions," which will be sent in plain wrappers **Free** on request. Write to-day to—

EDWARD J. WOODS, Ltd.,
167, STRAND (805A), LONDON, W.C.2.

When replying to Advertisements,
please be sure to mention
LONGMAN'S HERBAL DOCTOR.

BALDNESS BARS PROMOTION

HE IS 35
AND LOOKS 60

HE IS 60
AND LOOKS 35

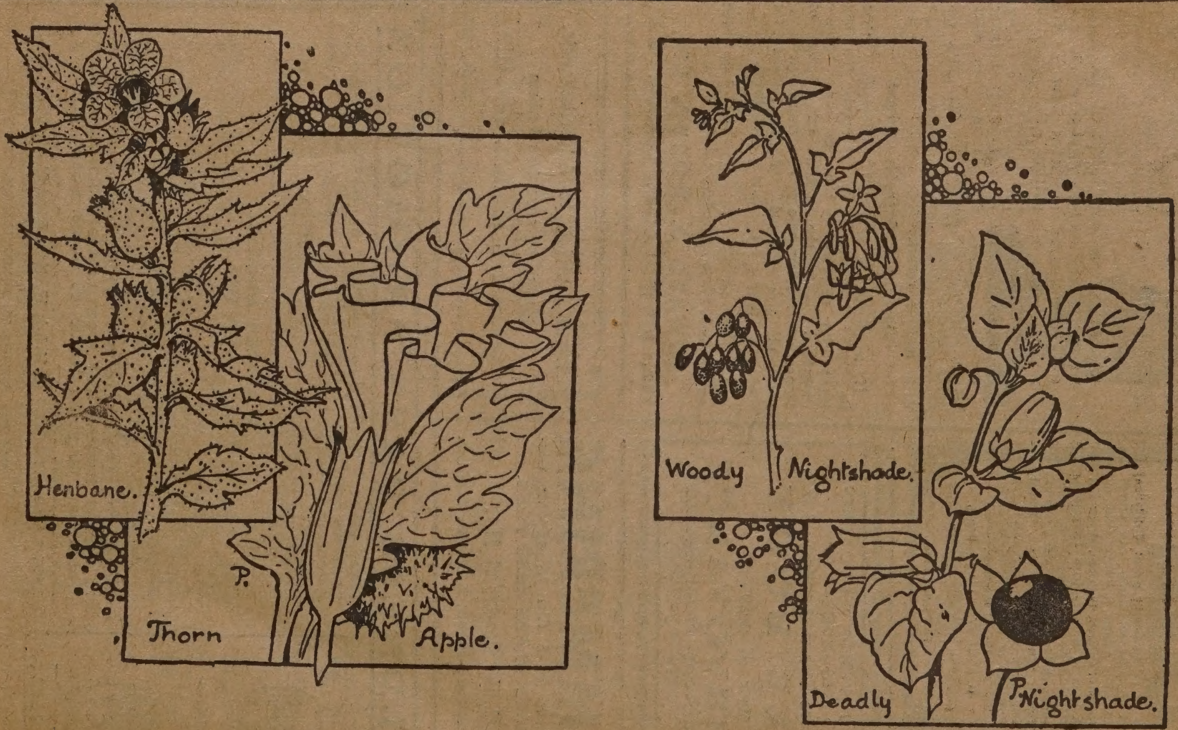
Men, look! The latest discovery of Medical Science re-grows new hair. Let your mirror prove results. Your hair need not thin out, nor need you become bald. This Different Method stops thinning hair, threatened or increasing baldness by strengthening and prolonging the life of the hair roots. Recommended by "Vigorous Health."

A MODERN MIRACLE.

One delighted Client of 89½ who was bald for over 30 years reported that the "C.L.L." treatment produced a fine growth of new hair. The ages of other equally grateful clients range from 22 to 81. RECOMMENDED by a HARLEY STREET SPECIALIST and a WELL-KNOWN WEST END SURGEON. £1,000 for Denial. GUARD YOUR APPEARANCE. Write to-day for a copy of our Illustrated Book entitled "HOW TO ACQUIRE PERFECT HAIR GROWTH." This book points the way to normal, healthy hair growth, invaluable information which can be yours inside 48 hours. Sent privately free of charge from:—

THE LABORATORIES (L.H.D.), 37, New Bond St., London, W.1.

The ONLY cure in the world for Baldness endorsed by the Press and the MEDICAL PROFESSION.


Henbane.
Thorn Apple.
P.
Woody Nightshade.
Deadly Nightshade.
P

Not all plants are beneficial to health. On the other hand, some are definitely harmful. Those illustrated above, as well as those described in the accompanying article, are to be avoided.

Poisonous Herbs and Berries

Dangerous plants of the field and hedgerow to be avoided

IT is true that many medicinal and edible herbs can be gathered by field and hedgerow, but beware of the "five black sisters" which are to be numbered among English wild flowers.

Perhaps the most dangerous of all is the Belladonna, or Deadly Nightshade, an attractive plant, well grown, usually four feet high and growing wherever chalk lies close to the surface. The purple bell-flowers of late July give place to black fruit, shining like cherries and just as sticky and sweet. They are hideously attractive to children, yet to consume two or three of them might lead to fatal consequences.

And how it stands out, beautiful and attractive, amidst the untidy nettles and burdock.

VALUABLE, YET DANGEROUS.

Yet it has such a great value in the oculist's hands and is of such importance from a medicinal point of view, that it seems a pity some means of cultivating the Belladonna plant cannot be devised with a view to destroying all the wild and dangerous varieties. If you should come across someone unlucky enough to have eaten any of these "Devil's Cherries," as the countryfolk call them, the best antidote to give is strong, hot, black coffee, and then to walk the drowsy patient to the nearest doctor, who will probably requisition the stomach-pump.

Among or near old ruins and on the thymy turf of the downs we come across the Henbane, so insidious as a vegetable poison that it has not infrequently been employed by murderers of a scientific turn of mind.

A REPELLENT ODOUR.

Fortunately, this rough, hairy plant, with its few yellow flowers oddly veined with purple, has such a strong repellent odour that few people are likely to gather it. The fruit capsules look rather like hazel nuts, but any person unwary enough to eat them will quickly feel a terrible thirst, will soon be unable to see or hear clearly, with miserable swimming of the head, increasing delirium and finally a profound sleep from which he may or may not awaken, according to the extent of his indiscretion.

A sufferer should be given a prompt emetic, a glass of new milk, and be drive without delay to the nearest doctor.

Two other strong narcotics found in the hedge or creeping amongst every crop are the Bittersweet or Woody Nightshade, with its clusters of brilliant red berries, and the black-berried creeping Garden Nightshade. A child reaching out eager hands for the scarlet berries and quickly ramming them into its mouth will probably be saved from evil results by immediately administering a glass of new milk and five minutes after a strong emetic, but people react so differently to the same poison. If the child grows sleepy a doctor should be seen at once.

DECORATIVE, BUT DEADLY.

Another deadly plant is the Thorn Apple, with its great prickly leaves, long tubular white flowers and prickly fruit like horse chestnuts. No one would eat these seeds from choice, for they are hard, black and flavourless. Its leaves are particularly handsome, so much so, indeed, that gardeners often plant the Thorn Apple for decorative purposes. Should you cut leaves or fruit take care to wash your knife as well as your hands free of the juice of the plant, for that, too, is decidedly poisonous.

* * *

GALL NUTS are vegetable excrescences produced by insects depositing their eggs in the bark or leaves of plants or trees. Those produced on oaks are the most valuable, and are largely used in ink-making and in medicine. Gall nuts are imported from the Levant, China and Persia, and are quite common, of course, on English oaks.

* * *

When replying to advertisements in this publication, please be sure to mention "Longman's Herbal Doctor."

Curious Fables

● and ●

The Language of Herbs and Flowers

IN the usual course of nature clover and its Irish cousin, the shamrock, are trefoils, but occasionally one comes across a four-leafed variety. The finder of such a novelty may account himself "lucky" probably on account of the pretty legend. Three beautiful maidens called Faith, Hope, and Charity are said to have come to our British Isles from Elysium, and wherever they trod the three-leafed clovers, red, white, and yellow sprang up and bloomed round their bare feet. Later on, came an even more beautiful sister, named Love, who, tripping lightly here and there, added another leaf to the trefoils wherever her footsteps fell. Thus the four-leafed clover or shamrock became a talisman to ensure a meeting or a reconciliation with a lover, and the possessor might also bid defiance to evil spirits.

The finder of the first flower of the season—the first crocus, snowdrop, cowslip, and so on, was also deemed lucky, but the day of the week had to be taken into account. Thursdays and Saturdays were unpropitious, but a "first flower" found on any of the other days brought good fortune.

To receive a yellow flower, the first of the season, plucked from field or hedge-row, is a sign that a money present is in store for you, and if you can turn a blue-bell inside out without destroying it your lover will be constant.

THE PANSY AS FORTUNE-TELLER.

The pansy, from the French word *penser*, to think, reveals our "fortune" in the markings upon the petals. Four streaks (or lines), your wish will be gratified; five, hope with fear; six, expect a surprise; seven, the lover will be true; eight, anticipate infidelity; nine, changes, then wealth. Markings inclining to the left mean trouble, and to the right prosperity.

A daisy, a rose, and a great many other flowers are suitable for solving the momentous question—Does he love me? All you have to do is to denude the flower of its petals one by one, saying alternately as you pluck them, "He loves me," "He loves me not," and whichever sentence coincides with the last petal, represents the reply of the "Fates."

The damsel who hides a sprig of ivy in her bosom will marry the first young man she meets after making this appeal to Magic and Mystery. It is unlucky to bring the flowering hawthorn (or "May") into the house, but a branch of it tied up in the porch will ward off the evil eye, and confound the machinations of witches, warlocks, and wizards.

MYSTERY OF MISTLETOE.

Mistletoe as a parasitic plant growing upon other trees, excited the awe of the ancient Druids. A plant that could exist without any apparent root of its own was credited with a sacred origin, and after bunches of it had been gathered with a golden hook, sprigs were distributed among the people in order that the devil might be scared from their homes. Hence, the pleasant fable that young people may kiss under the mistletoe without any trouble from Mrs. Grundy.

Holly was used for decorative purposes by the Romans during the Saturnalia, the feast of the God Saturn. With the advent of Christianity the Pagan festival was replaced by Christmas, but the holly was retained to symbolise Christ's crown of thorns. The red berries were reminiscent of the blood on the cross, and since the Crucifixion and Apotheosis of Christ were regarded as a moral triumph, the gift of bunches of holly among the early Christians had much the same meaning as our interchange of Christmas cards.

There are Birthday Flowers as well as Birthday Stones, and we can court good luck by displaying each month

FIGURE IMPROVEMENT.

Whether your problem is **Figure Reduction or Development**, or if it's **Height Improvement needed**, write Nurse Challoner for **Personal** advice. **As Safe as it is Simple.** Each treatment carries **Guarantee of a Free supply** if satisfaction not obtained from first. Send **Now** for full particulars, sent in plain sealed envelope if 1½d. enclosed. Books on Figure or Height Improvement 3d. Sample 3d. Mention requirements.

NURSE CHALLONER Co.
(late of Bond St.), Private Dept. M.4,
Hyde Heath, Amersham, Bucks.

To obtain the best results from Herbs

OBTAIN THE BEST HERBS. WE HAVE THEM!

ALL OUR HERBS ARE GATHERED, DRIED AND STORED UNDER HYGIENIC CONDITIONS

Henley's Herbal Store

5, UNION STREET - - HALIFAX, YORKS.

DRINK HABIT CONQUERED

Speedily, permanently, secretly, cheaply as grateful thousands testify, cost trifling. Save loved ones, you can quickly. Medically prescribed. Has largest world-wide sale. Trial free privately from **CARLTON CHEMICAL CO., LTD.,** address below.

HOW TO STOP SMOKING

You can conquer smoking in a few days and restore vigorous health. Genuine guaranteed inexpensive world-renowned method for **men and women**—can be given secretly. Interesting books, worth their weight in gold, about Drink and Tobacco Habits, with helpful instructions sent free (state which is required). Medically prescribed. Grateful thousands testify.

Carlton Chemical Co., Ltd., 151, Guildhall Bldgs., Birmingham
Established over a quarter of a century.

WHEN WERE YOU BORN?

Astrologer reveals significance of Birthdates and describes zodiacal influences upon Love, Business, Travel, Changes, Friends, Enemies and Health.

10,000 Free Horoscopes

Prof. Randolph Roxroy, well-known Astrologer of The Hague, is being besieged by requests for FREE HOROSCOPES as a result of his public announcements to supply 10,000 gratis astral readings.

Endorsing his work in the highest terms, scores of letters arrive daily from grateful recipients of the free horoscopes, which deal with the most intimate affairs of life—love, matrimony, friends, enemies, lucky days, changes, travel, business and health.

Prof. Roxroy

To obtain a free horoscope reading simply send your name, address and birthdate plainly written by yourself; state whether Mr., Mrs., or Miss and address your letter to ROXROY STUDIOS, Free Service 5521, Emmastraat 42, The Hague, Holland. If you wish, you may enclose 6d. stamps to cover postage and clerical work. Postage on your letter to Holland is 2½d.

Overheard in a 'Bus!!

"It's nice of you to say I look 20 years younger! Saw me catch the 'bus? I'm surprised myself, considering the YEARS I've suffered from **Rheumatism.** If only I'd heard of:

DADDY'S DEODORISED VISCOUS OIL

before! Good for **Swollen Feet, Knees?** I should think it is! Also for **Gastritis, Uric Acid, Boils. Constipation, Cramp (paralysis, etc.), Sciatica and DIABETES.**

"A blessing when I first heard of '**DADDY'S OIL**'," reads one testimonial, "Wonderful stuff," says Mr. M.

Of all Chemists and through the CO-OP.—Obtainable also from **"ORZONE" Stores,** 21, Ludgate Hill, London, E.C.4; 38-40, Royal Arcade, Cardiff; 72, St. Vincent St., Glasgow; 10-12, North St., Belfast.

Any difficulty your locality please write:—Ed. A. Coates, **21,** Beaufort Rd., Clifton, Bristol (8), Engl.

ASSURE YOUR SUCCESS

SOCIETY PEOPLE WEAR "LUCKY SEROOM."
SEVEN CHARMS IN ONE.

MYSTERIOUS POWER OF THE "LUCKY SEROOM" FROM CEYLON SAID TO BRING GOOD FORTUNE.

No longer can the question of "luck" be treated with derision, for quite recently a charm has been brought to these shores which is said to exercise an unfathomable influence, and bring Health, Wealth and Happiness to its wearer. Society people are eagerly acquiring the "Lucky Seroom."
So abundantly does good fortune attend the possessors of these charms that their staunch enthusiastic statements would convince even the most sceptical, by the large number of appreciative letters received.

Wearers say that they count their real good fortune from the time they acquired the "Lucky Seroom."

FREE To every purchaser of the "Lucky Seroom" twelve predictions for 1938 sent free.

Send P.O. 2/- (or call) and the "Lucky Seroom," supplied in box, beautifully finished in REAL ENAMEL and GILT, and twelve predictions sent by return POST FREE. **Money returned if not satisfied.**

"SEROOM" (Charm Dept. H.D.)

THIRTY-SEVEN CURSITOR STREET,
CHANCERY LANE, LONDON, E.C.4.

the appropriate bloom in our buttonholes, or as a table decoration.

In January the "correct-wear" is the snowdrop; February, the violet; March, the daffodil; April, the primrose; May, the white lily; June, the wild rose; July, the carnation; August, the white heather; September, the michaelmas daisy; October, rosemary; November, the chrysanthemum; December, the ivy.

All the above "posies" bear a significance which will be discovered in the following interpretation.

Language of Flowers

Aconite	Sorrow.
Alyssum (Sweet)	Worth beyond beauty.
Apple Blossom	I prefer you.
Azalea	Temperance.
Bachelor's Button	Single blessedness.
Begonia	Dark thoughts.
Bluebell	Constancy.
Candytuft	Indifference.
Carnation	Kindly thoughts.
Chrysanthemum	Faith and truth.
Crocus	Abuse not.
Cyclamen	Shyness.
Daffodil, yellow	Daintiness & sincerity.
Dahlia. single	Good taste.
Daisy. Garden	I share your sentiment.
Forget-me-not	True love.
Foxglove	Insincerity.
Fuchsia	Taste.
Gentian	You are unjust.
Geranium	Melancholy.
Gladioli	Strength of character.
Golden Rod	Precaution.
Harebell	Submission. Grief.
Honeysuckle	Bonds of love. Sweetness of disposition.
Hyacinth	Sport. Game. Play.
Iris	Message of love.
Ivy	Loyalty; Fidelity.
Jasmine, White	Good temper.
Jonquil	I desire a return of affection.
King-Cups	Desire of riches.
Lady's Slipper	A coquette. Win me and wear me.
Larkspur	Lightness. Fun.
Lavender	Distrust.
Lent Lily	Sweet disposition.
Lilac. Purple	First emotions of love.
Lily. White	Purity. Sweetness.
Lily of the Valley	Return of happiness.
London Pride	Frivolity.
Love-in-the-Mist	Perplexity.
Magnolia	Love of Nature.
Mallow. Marsh	Kindness.
Marigold. French	Jealousy.
Michaelmas Daisy	Riches and happiness.
Mignonette	I admire your qualities.
Mimosa	Sensitiveness.
Mistletoe	I surmount difficulties.
Narcissus	Selfishness.
Orange Blossoms	Bridal festivities.
Orange Flowers	Chastity.
Orchis	A belle.
Pansy	Thoughts.
Pea, Sweet	Farewell! And I hope to see you soon again.
Peony	Shame. Bashfulness.
Periwinkle, White	Pleasure of memory.
Pink	Boldness.
Polyanthus	The heart's mystery.
Poppy	Remembrance.
Primrose	The emblem of lovers.
Purple Clover	Caution.
Ragged Robin	Wit.
Ranunculus	Radiant with charms.
Rhododendron	Danger! Beware!
Rose, Wild	Love and loyalty.
Rose. Deep Red	Sincere love.
Rose. La France	Meet me by moonlight.
Rose, White	Worthy of love.
Rose. White and Red together	Unity.
Rosemary	Remembrance and kind thoughts.
Scabious	Unfortunate love.
Scilla	Forigve and forget.
Snowdrop	Purity, Hope and Gentleness.
Sunflower, tall	Haughtiness
Thistle	I'll have my own back.
Tiger Flower	May pride befriend me.
Tulip. Red	Declaration of love.
Veronica	Fidelity.
Violet. Blue	Modesty.
Water Lily	Purity of heart.
White Lily	Purity and modesty.
White Heather	Luck and Good Fortune
Wisteria	I cling to thee.
Zinnia	Thoughts of absent friends.

"To say it in flowers" may be picturesque and quite possible, but the chances are that only a botanist or a worker at Kew Gardens could compose or "read" the floral message with absolute accuracy. The bunch of flowers, *and* a love-letter, would probably be more satisfactory!

Beneficial Thistles

Curative properties of Scotland's national emblem

In Gerard's "Herbal, or General History of Plants," compiled in 1636, the following curious notes on "Thistles" will be found :—

The Root of Carlina Red Thistle brings forth worms from the intestines; chewed, cures the toothache, opens the liver and spleen, provoketh the urine and cures dropsy; is given to anyone who has fallen from some high place; good for sciatica and cramp.

The Dark Chamalon Thistle is a poisonous herb and should be applied externally for scabs and boils and all such things that need cleansing.

The Saffron Thistle (blue flowered) is used for colic, difficulty in breathing, cough and dropsy. The seed, being bruised and used in vegetable soup, if used in milk, will purge the stomach; if given alone will cause one to vomit, and should be given, for a comfortable feeling, with aniseed or ginger.

The Wild or Blessed Thistle, taken in a liquid, is good for giddiness and swimming of the head and for strengthening the memory, and a singular remedy for the deaf; boiled in wine, heals pain in stomach, expels worms, causes perspiration and provoketh urine. The green herb is good for erysipelas, used as a plaster, and for bitings of mad dogs and serpents, flies, etc.; also for rebellious ulcers, the concoction to be taken certain days together, added to wheat flour and applied twice a day. The green of the wild thistle, made into a plaster and put on bald heads, or the juice, bathed, will stop hair from falling out; makes all who drink the juice dry and thirsty, but is good for the breath and other smells of the body. The Torch or Thorny Thistle will do many things. The gum, mixed with twelve times as much oil and a little wax, is good for all sore joints; mixed with oil of bay is good for scurf; also, placed on the temples will revive a lethargic person; if applied to the nape of the neck, will bring speech to those who have had apoplexy. If it catches the nose it makes one itch, and it blisters and scorches the tender skin if not mixed with much oil, therefore, it should not be taken inwardly.

Some Notes about the Poppy

The pale mauve petals of this moonlight flower, together with the odd grey-green of its leaves, suggests the morbid qualities of the herb. Blooming wild in parts of Ireland, it is a cultivated flower in England, grown here and there in cottage gardens. Poppy seed poultice for toothache is beloved of the cottage mothers, but merely deadens the pain until a visit to the dentist can be arranged.

Laudanum, which is derived from the poppy, is one of the oldest and most deadly of the narcotics, and often figures in the pages of the Victorian novelists, whose gentlemanly villains killed most of their victims by an overdose.

Old Culpepper seems to have a rooted objection to the herb. For every good use to be made of it, he brings forward two reasons why it should never be touched, and ends with the awful warning. "An overdose causeth immoderate mirth or stupidity, redness of the face, swelling of the lips, relaxation of the joints, giddiness of the head, deep sleep accompanied with turbulent dreams and convulsive startings cold sweats, and frequently—death."

It would seem that the delights of an opium-eater's dreams have been grossly exaggerated.

EH ! WHAT ! !

ARE YOU DEAF ?

If you have difficulty in hearing—no matter how slight—If your ears distress you in any way—or you are a victim of head or ear noises—If you suffer with catarrh or catch cold easily—Then you need our Book on Ears. This tells of the wonders of the Ears and the wonderful new Hearing Restorer for preventing and curing Ear Troubles,

WITHOUT EAR PHONES,
EAR DRUMS, HORNS,
or anything to be worn.

The Neu-Vita Hearing Restorer is a new patented appliance, different from all the above makeshifts, as it attacks the source of the trouble and aims to cure the cause of deafness.

The Restorer is an instrument, which, being self-applied for a few minutes twice a day in your own home, provides quick relief and comfort. It is absolutely safe, being under direct control of the user.

NO BATTERIES—NO WIRES—INEXPENSIVE

Pleasant and gentle to use, it removes congestion, renews the circulation in the ears, limbers up their internal mechanism loosens obstructions, attacks catarrhal conditions and gradually improves normal hearing.

Write for FREE copy of Ear Book to-day to:—
NEU-VITA (Dept. K.N.D.).
390-452, Central Buildings, London Bridge, London, S.E.1, ENGLAND.

Dr. MORSE'S INDIAN ROOT PILLS

"NATURE'S WAY TO HEALTH"

Are a positive cure for all
STOMACH, LIVER, KIDNEY COMPLAINTS
they are the perfect
BLOOD PURIFIER
AND BANISH
BILIOUSNESS, INDIGESTION AND CONSTIPATION
HEADACHES AND ALL FEMALE COMPLAINTS

Sold by Taylors, Boots, and all Chemists and Stores.

INSIST ON DR. MORSE'S
AND REFUSE ANY OFFERED SUBSTITUTES

TRY GIVING YOUR DOG THIS VEGETABLE MEDICINE

BENBOW'S DOG MIXTURE

This famous canine remedy, with over 100 years' reputation, contains no harmful, irritant drugs and can be administered to the most delicate dogs at all seasons with complete safety.

THE FOLLOWING ARE EXTRACTS FROM GUARANTEED GENUINE AND VOLUNTARY TESTIMONIALS :—

I use your mixture regularly, and I find that my dog needs little else in the medicine line. BENBOW'S keeps them fit all the time.

* * *

May I mention that I am thoroughly acquainted with your mixture as I have been in the habit for some considerable time of giving this to my terriers and find it keeps them in tip-top condition and show form. My wire Fox Terrier dog has to-day been awarded 2 Firsts, 1 Second, 1 Special and 1 Cup—he had his usual dose of BENBOW'S yesterday morning, which no doubt helped to put him right on his toes.

* * *

I have been a constant user of BENBOW'S Dog Mixture for the last 35 years and am a great believer in its great value as a Tonic and have often found it make dogs eat that have been run down in health. I have always found it most reliable.

NO DOG OWNER SHOULD BE WITHOUT "BENBOW"

From 1/6 per bottle.

Also in Capsules, 3/- per box, in three sizes, either quarter, half or one teaspoonful doses, according to the size and age of dog.

Of Chemists and Corn Merchants everywhere.

WRITE FOR FULL PARTICULARS.

BENBOW'S DOG MIXTURE CO., LTD.

Dept. 6, 2, Bartholomew Close, London, E.C.1

Herbs for our Canine Friends

How to keep "Doggie" pets in Condition

NOT only human being, but our canine friends also derive healthful benefit from herbal products. After all, there is not such a wide difference between the composition and working of the human body and that of "man's best friend." Both are subject to many similar ailments and both often respond equally to similar treatment. Given proper food, adequate exercise and good housing, the average dog may be kept in reasonably good health indefinitely, but he is subject to disorders from time to time just as is the most careful-living human being.

A VEGETABLE MEDICINE.

When a dog is found to be out of condition nothing better can be given to it than a remedy based on vegetable and herbal products. Outstanding amongst medicines is Benbow's Dog Mixture, which, since 1835, has been the means of keeping untold thousands of dogs healthy and ensuring complete recovery after illness. This famous remedy is of a purely vegetable nature, and the history of its origin is highly interesting.

The founder of the firm, Mr. G. H. Benbow, was a chemist by profession as well as a keen hunting man. He was of a very observant nature and was impressed by the excellent condition of a special pack of hounds with which he was in the habit of riding. Noticing that these hounds regularly ate a certain amount of grass peculiar to the district, Mr. Benbow kept careful observation, and, after making numerous experiments, arrived at a formula which incorporated the properties of this particular grass. It was placed on the market under the name of "Benbow's Dog Mixture," and its success was immediate.

AN OLD-ESTABLISHED REMEDY.

For more than a hundred years this world-famed dog medicine has been prepared from the original prescription, and it can truthfully be said that there is no remedy for "doggie" disorders held in higher esteem in canine circles than this old-time herbal preparation. Readers of "Longman's Herbal Doctor" who are dog lovers are cordially recommended to write for an interesting booklet which the firm will be pleased to send free on request to Benbow's Dog Mixture Co., Ltd., Dept. L.H.D., Bartholomew Close, London, E.C.1.

Overcoming Excessive Drinking

How the Craving for Alcohol may be Successfully Combated

OVER-INDULGENCE in alcohol is undoubtedly one of the more serious evils of civilisation, and anything that will assist to combat it is at least worthy of investigation. Excessive drinking leaves behind it a trail of misery—impoverished pockets, ruined health and degraded morals. There is hope, however, for even the most abject slave to the vice, a simple course of treatment introduced by Mr. L. E. Venn more than 25 years ago, having been the means of freeing thousands of addicts of drink from its clutches. The Venn treatment has not only the advantage of being perfectly harmless and speedy in its effect, but it can be administered to sufferers entirely without their knowledge or possibility of detection. By this means innumerable victims of the habit have been saved from themselves—it might even be said in many cases in spite of themselves—by relatives and friends concerned for their well-being. The treatment does not call for any change in the sufferer's usual mode of life, but almost without realising it the taste for alcohol rapidly begins to diminish and ultimately the taste, or even smell, of it becames repugnant to the person taking the treatment. By no means the least desirable feature of Mr. Venn's remedy is its inexpensiveness, so that it is within the reach of all to save themselves or their friends from this dangerous vice. Those interested should write for a free book, "The Cure of Drink," and other illuminating matter concerning the Venn treatment to Mr. L. E. Venn (57D), 24, Holborn, London, E.C.1. A copy will be sent free, under plain cover, to any reader on request.

Two Delicious Wines

Little known, but cheaply and easily made

Carrot Wine. — Allow one gallon (8lbs.) of carrots to one gallon of water. Scrub the carrots well, quarter them, but do not scrape them. Then boil until all the goodness is boiled out. Strain, and to each gallon of liquid allow 3½lbs. of granulated sugar, ¼oz. cloves, ¼oz. stem ginger (bruised with a hammer). Boil all together for 20 minutes, strain, and put in a large basin. When lukewarm add 1oz. of good yeast, spread on a piece of toast, and allow to work two days. Put into jars, let it stand for three months, then bottle. Cork tightly and keep for six months or longer, when it will be ready for use.

Beetroot Wine.—Take 4lbs. of beet, scrub and cut into small pieces. Place in a muslin bag. Put into a gallon of cold water in a deep saucepan, bring to boil, allow to simmer gently. When a soft pulp, take out and squeeze until only dry pulp remains. Measure liquid, add 1lb. of white sugar to every quart of liquid, then boil again for half an hour. Set aside to cool in earthenware crock.

When cooling grate rind of two lemons and two oranges. Extract juice of both and, with grated rind, add to liquid. Add also half a teaspoonful of bruised ginger or cayenne pepper. While wine is tepid, cream an ounce of yeast with a little sugar and completely dissolve in a cupful of the wine, then add to the crock. Stir contents once daily for a fortnight. Strain, bottle and cork, but not too tightly. Add a few raisins to each bottle of wine to clear it.

* * *

How to Detect Food Adulteration

BUTTER.—Place a pat of butter on a plate and hold it over a flame. If it melts very quickly with an unpleasant smell the butter is not pure.

COFFEE.—Place a spoonful of coffee in a glass, pour cold water over it. If the coffee is pure the water will scarcely be stained; if chicory is present the water immediately assumes a deep brown colour.

MILK.—Dip a bright and well-polished knitting-needle into the milk in an upright position and if the milk contains only a small quantity of water this prevents even the smallest drop of milk adhering to the needle.

SUGAR.—Burn a little on a spoon. If a small ash remains, that is the impurity. The sugar is consumed entirely.

WATER.—If bubbles break immediately when the vessel is shaken, the water is pure, but should they float for a time on the surface, the water contains organic matter and should be boiled before use.

Weights and Measures for the Sick Room

The following table will be found of use in nursing a sick person and should be kept handy for reference:—

APOTHECARIES' WEIGHT MEASURE.

20 grains=1 scruple
3 scruples=1 drachm
8 drachms=1 ounce

APOTHECARIES' FLUID MEASURE.

60 Minims=1 drachm
8 drachms=1 ounce
20 ounces=1 pint

HOME-MADE MEASURES FOR MEDICINE.

4 teaspoonfuls=2 dessertspoonfuls
2 dessertspoonfuls=1 tablespoonful
1 tablespoonful=1 fluid ounce

It must be remembered, however, that spoons of the above denominations are not invariably made of the same size, and to be absolutely on the right side it is far safer to purchase a glass medicine measure, with the different quantities marked on the side.

DRINK HABIT

SECRETLY & QUICKLY CONQUERED

IF you desire to rescue your friends from the drink craving you can do so easily by using a simple home treatment which can be given secretly in tea, coffee, whisky, beer or other liquid. It is impossible of detection, being tasteless and quite harmless. This treatment succeeds where others fail, as is proved by the testimony of thousands of grateful users as well as Doctors and Nurses The treatment begins to be effective from the very first and so efficacious is it that it often

SUCCEEDS IN A FEW HOURS

The heavy drinker soon begins to hate the taste of alcohol, loathes the very smell, and nothing can induce him or her to drink it. My treatment has been the means of saving thousands of homes from being wrecked wrecked through the ravages of excessive drinking.

For more than 25 years the Venn treatment has brought new health and happiness to thousands of drink addicts. If you have a relative or friend who is a victim let me send full particulars to-day.

The Venn treatment can be administered secretly, without the knowledge of the sufferer and with perfect safety. It is guaranteed positively harmless and detection is impossible.

MONEY SQUANDERED—HEALTH RUINED.

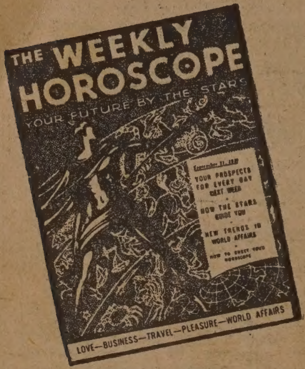
SHOULD you have a husband, wife, other relative or a dear friend who is addicted to the crave for drink, why not take immediate steps to apply the remedy? Literally thousands have been saved by the Venn course of treatment. **It is speedy, permanent, positively harmless and inexpensive.** Many have been saved from the curse of alcoholic excess in spite of themselves. The Venn treatment can be given secretly as it may be introduced into a cup of tea, coffee or other beverage and, unbeknown to the sufferer, does its work surely and thoroughly. To administer the treatment is **simplicity itself.** It is odourless, tasteless and guaranteed to be absolutely harmless in every way. Thousands of saddened homes have been made to rejoice as a result of the Venn treatment. In most cases sufferers have been permanently cured and have been quick to show their gratitude by writing their appreciation of the success of the treatment in their particular case. Surely, if you have dear ones addicted to the Drink Habit it is your bounden duty to **investigate without a moment's delay the merits of the famous Venn treatment.** Act on the advice given below, therefore, and send for full particulars without another moment's hesitation or delay.

SEND NO MONEY

Just send your name and address and I will post you, UNDER SEPARATE COVER, full particulars and book, together with a striking pamphlet, ' The Doings of Drink," and overwhelming proof of the efficacy of my treatment, which is totally different from anything you have ever heard of before. *All correspondence treated in strictest confidence.*

L. E. VENN (57D), 24, Holborn, London, E.C.1

This Popular Weekly foretells


THE WEEKLY HOROSCOPE
YOUR FUTURE BY THE STARS
YOUR PROSPECTS FOR EVERY DAY NEXT WEEK
HOW THE STARS GUIDE YOU
NEW TRENDS IN WORLD AFFAIRS
LOVE—BUSINESS—TRAVEL—PLEASURE—WORLD AFFAIRS

YOUR FUTURE
by the
STARS!

Read
the intimate revealing
articles by
GYPSY PETULENGRO,
ADRIENNE ARDEN,
NELL ST. JOHN
MONTAGUE,
and many other
famous authorities.

"THE WEEKLY HOROSCOPE" brings you advice and information from the world's leading authorities on Astrology. Every issue features, besides your own individual forecast of the ensuing seven days, articles which describe how the Stars influence future developments in national and world affairs. You don't need to know anything about Astrology to follow the brilliant articles in "The Weekly Horoscope." Never before has the message of the Stars been interpreted so clearly for everyone. "THE WEEKLY HOROSCOPE," price 3d. every Wednesday, is obtainable from all newsagents and bookstalls (including W. H. Smith & Sons' and Wymans' bookstalls), or a copy of the current issue would be sent for 4d., post free, from The Publisher, L. H. Burt, Link House, 300-304, Gray's Inn Road, W.C.1. Read the intimate revealing articles by "Weekly Horoscope," contributors, who include GYPSY PETULENGRO, ADRIENNE ARDEN, NELL ST. JOHN MONTAGUE, etc., etc.

Don't hesitate about the future! "The Weekly Horoscope" gives you—a week in advance—your prospects for every day.

"THE
WEEKLY HOROSCOPE"

Wild Thyme for Insomnia

The wild thyme that blooms so wonderfully in August on all the chalky downs of S. England is coming once more to its own in medicine. Antispasmodic and tonic, it is one of the finest for whooping cough. People who suffer from coughs and colds the greater part of the year would do well to spend their holidays lazing away the sunny hours on the thick thyme-set turf of the Downs. It is wonderful to note the improvement in persistent cough when hours have been spent in-breathing deeply hot thyme-scented air. One should lie stretched north and south upon good Mother Earth, that her life-giving currents may play unimpeded over one's body.

The essential oil distilled from thyme is a popular remedy for toothache, and old country Biddies make a tea of thyme sprigs for headache and nerves. Bees love the blossoms and thyme-honey is specially good There is never a cottage garden in the land without its clump of thyme perfuming the border.

◆

Garlic for Health

The health-giving properties of garlic have been recognised for centuries. Unfortunately it possesses a strong odour and pungent taste, which have militated against its finding the acceptance it deserves in this country. The oil extracted from garlic has remarkable antiseptic qualities, in addition to being a natural healer and food for the body cells and glands. It is also rich in natural iodine.

The objections already mentioned against the more general use of garlic have now been entirely overcome by putting up the garlic oil in capsule form, known as Lusty's Garlic Perles. These are swallowed intact, leaving no objectional taste or smell behind whatever. Readers should write for particulars to Lusty's National Products Co., 278, London Road, Westcliff-on-Sea, mentioning Longman's Herbal Doctor. Some of the many ailments, in which the use of Garlic Perles will be found highly beneficial, are given in Messrs. Lusty's advertisement on page 13 of this publication.

CONSTIPATION

POISONS your very life-blood!

Keep Sparkingly Healthy

THE NEW COMMONSENSE WAY

Without Medicine or Pills

DANGERS OF CONSTIPATION.

There is no misery so far-reaching as a sluggish inside. Bowels that function regularly and easily make for happy men and women. But the pace at which we are living to-day makes such functioning difficult.

DRUGS ARE HARMFUL.

Many turn to drugs, hoping by this means to compel the bowels to act. The result in most cases is to create internal irritation and to weaken the delicate muscles of the bowel.

There is, however, one well-tried commonsense remedy; its value has been proved triumphantly over a long period in Health Clinics. This apparatus was too expensive for the general public until the Neu-vita System was invented.

THE NEU-VITA HYDRO-CASCADE

simplifies internal bathing. Perfectly safe, perfectly constructed, it enables the user, without help, in privacy, to irrigate the delicate colon and remove constipation at its very source. Gently, easily, surely, the Hydro-Cascade **flushes out the system** in a way that no drug could ever do.

COLONIC LAVAGE

with the Hydro-Cascade will cure

CONSTIPATION

Also prevents and alleviates

Obesity, High Blood Pressure, Indigestion, Debility, Insomnia, Fistula, Piles, Rheumatism, Catarrh, Lumbago, Sciatica, Paralysis, Internal Disorders and Nerve Troubles and all complaints traceable to Constipation.

The charm of the NEU-VITA HYDRO CASCADE lies in its *safety and simplicity.* All that is needed to use this marvellous health appliance is—hot water

SEND FOR THE FREE BOOK.

It contains facts that are vital to the health of every man and woman who is anxious to possess HEALTHY FLESH, STRENGTH AND VITALITY.

ADDRESS:

NEU-VITA ASSOCIATION (Dept. K.N.C.)

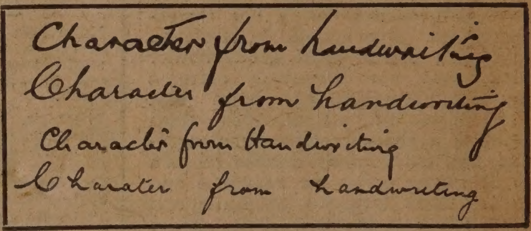
190, CENTRAL BUILDINGS, LONDON
BRIDGE, LONDON, S.E.1.

WHAT ARE YOU BEST FITTED FOR?

Your Handwriting Holds the Secret

AMAZINGLY ACCURATE CHARACTER DELINEATIONS BY WORLD-RENOWNED CALIGRAPHIC EXPERT

Do Not Be a Square Peg in a Round Hole



Character from handwriting
Character from handwriting
Characte from Handwriting
Character from handwriting

Handwriting reveals Character. The variations in the four specimens shown above disclose the different characters of the respective writers. What does YOUR handwriting show?

No two people ever write exactly alike. That is because we unconsciously put our characters into our handwriting, and characters vary as much as faces. Have you ever had your own writing delineated?

To succeed in life, we must know our strong and weak points, and the art of Graphology (reading characters from handwriting) will reveal them to us.

This publication has secured the services of "Pencraft," whose life-long study of Caligraphy enables him to draw deductions, even from a signature, with startling accuracy.

Are you "a square peg in a round hole," working in a blind-alley job, as we say, and knowing full well all the time that you could do better if you only knew what line of life you are really fitted for?

SECRETS OF YOUR WRITING

Let "Pencraft" find it out for you! Your writing may be "good" or "bad." You may make funny "r's," and thick strokes when they ought to be thin: possibly the words slope the wrong way, and you are not particular about "stops." On the other hand, your writing may be copper-plate, or graceful and artistic, with picturesque flourishes. "Pencraft" is quick to detect all such characteristics and he will tell you what they mean.

The art of graphology can help you in Love and Business. We all form estimates of the people with whom we come in contact, and are often wrong—to our own injury!

Send a scrap of handwriting of your best friend or of your worst enemy to "Pencraft" and let him confirm or dispel your private opinion.

The girl, or the man, whom you considered careless and flippant, may possess, after all, a solid basis of common sense, which is clearly indicated in the "reading" "Pencraft" will send you; whilst the rival whom you feared will be revealed as a "broken reed" instead of the unconquerable enemy you have always taken him to be.

EXPLAINS YOUR "MAKE-UP"

Graphology has nothing to do with fortune-telling, and "Pencraft" does not pretend to unmask the future. He tells you your "make-up" as he reads it in your handwriting, and it is for you yourself to ensure a happy and prosperous career by turning that information to good account.

"Pencraft" gives his personal attention to every letter he receives. Skilled as he is in his art, he confesses that he has not yet exhausted every conceivable kind of handwriting that is likely to come into his hands. A new twist, or turn, or flourish, immediately excites his curiosity. It becomes a fresh "pointer" in the art of delineating human character. He looks for your individuality, your "ego" as the psychologists say, and tells you faithfully what he finds.

SPECIAL OFFER TO "HERBAL DOCTOR" READERS

Send P.O. 1/-, together with a specimen of your handwriting (a short letter only is necessary), full name (Mr., Mrs. or Miss), address and date of birth, and "Pencraft" will send you a delineation by return. Send to-day to the address below:—

"PENCRAFT," (H.D. Dept.), 37, Cursitor St., Chancery Lane, London, E.C.4

Be Sure to Buy Your

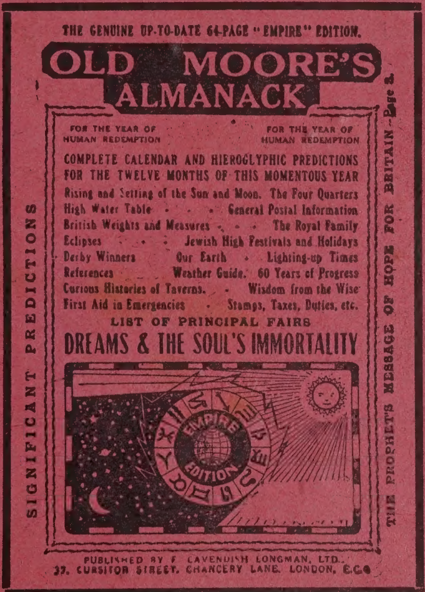
OLD MOORE'S ALMANACK

But be Doubly Sure You

Buy the GENUINE

Up-to-date "EMPIRE" EDITION

THIS IS THE RIGHT EDITION. MAKE SURE THAT YOU GET IT.



THE GENUINE UP-TO-DATE 64-PAGE "EMPIRE" EDITION.

OLD MOORE'S ALMANACK

FOR THE YEAR OF HUMAN REDEMPTION

FOR THE YEAR OF HUMAN REDEMPTION

COMPLETE CALENDAR AND HIEROGLYPHIC PREDICTIONS FOR THE TWELVE MONTHS OF THIS MOMENTOUS YEAR

Rising and Setting of the Sun and Moon. The Four Quarters
High Water Table - General Postal Information
British Weights and Measures - The Royal Family
Eclipses - Jewish High Festivals and Holidays
Derby Winners Our Earth - Lighting-up Times
References Weather Guide. 60 Years of Progress
Curious Histories of Taverns. - Wisdom from the Wise
First Aid in Emergencies - Stamps, Taxes, Duties, etc.

LIST OF PRINCIPAL FAIRS

DREAMS & THE SOUL'S IMMORTALITY

SIGNIFICANT PREDICTIONS

THE PROPHET'S MESSAGE OF HOPE FOR BRITAIN—Page 3.

PUBLISHED BY F. CAVENDISH LONGMAN, LTD.,
37, CURSITOR STREET, CHANCERY LANE, LONDON, E.C.4

BE SURE TO ASK THE SELLER FOR THE GENUINE EMPIRE EDITION.

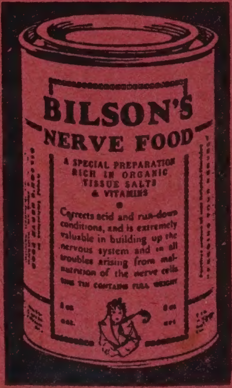
The above illustration shows the only genuine up-to-date 64-page Empire Edition of the world-famous

OLD MOORE'S ALMANACK

If any difficulty in obtaining a copy from your Newsagent send stamp direct to the Proprietors and Publishers:

F. CAVENDISH LONGMAN, LTD.,
37, Cursitor Street, Chancery Lane, London, E.C.4

Strong Nerves the Gateway to Good Health


BILSON'S
NERVE FOOD
A SPECIAL PREPARATION RICH IN ORGANIC TISSUE SALTS & VITAMINS
Corrects acid and run-down conditions, and is extremely valuable in building up the nervous system and in all troubles arising from malnutrition of the nerve cells
THIS TIN CONTAINS FULL WEIGHT

You cannot enjoy glorious health and endless vitality if the nerves, which control most of the main bodily functions, are in a poor or rundown condition.

BILSON'S NERVE FOOD

. . . being rich in Organic Phosphorus, Calcium, Sodium and Iron, contains the organic salts needed for rebuilding nervous tissue and regenerates broken down nerve cells in an almost miraculous manner. After a course of this wonderful aid to health you will sleep better, feel better and once again enjoy life to the full.

Don't Drug your Nerves ! !

FEED THEM *with* . . .

BILSON'S

NERVE - - FOOD

Send for this Free Booklet!

Sample Tins 6d. **Standard Tins 2/6**

COUPON

Please send FREE booklet "FEEDING YOUR NERVES" to:—

Name ....

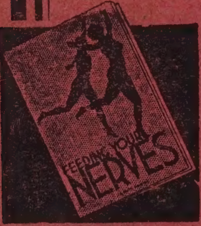
Address ....

....

Kindly use Block Letters.

To T. J. BILSON, & Co., 19, Gray's Inn Rd.,
London, W.C.1.

See that you get Bilson's—imitations may do more harm than good.


FEEDING YOUR NERVES

Published by the proprietors, F. Cavendish Longman, Ltd., 37, Cursitor St., London, E.C.4,
and Printed by the "Hornsey Journal," Ltd., 161, Tottenham Lane, Hornsey, N.8.